

THE NATIONAL SPIRITUALIST

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Inside this Issue:

Spiritualist On
The Titanic

Mediumship
Not Imagination!

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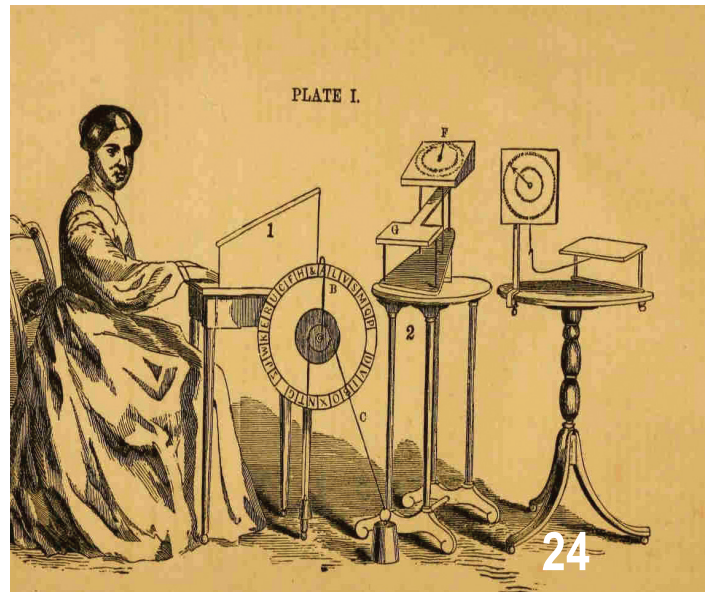
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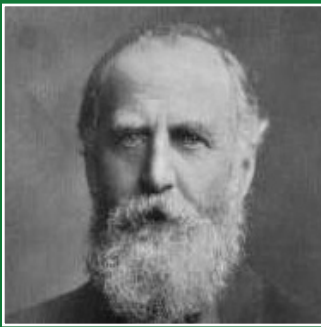
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**The National Spiritualist Summit
Magazine**



Writer: Kathleen Riley, MPI Student
Center For Spiritual Enlightenment
Falls Church, VA

W.T. Stead Spiritualist *On the Titanic*

It is not well known today that a fascinating story occurs at the intersection of Spiritualism and the RMS Titanic. An earnest Spiritualist named William Thomas Stead sailed as a passenger on his way to New York City, having been invited by President William Howard Taft to take part in a Peace Congress at Carnegie Hall on April 21, 1912. Because of the sinking of the Titanic, that Peace Congress



became, instead, a memorial to Mr. Stead and the others whose lives were lost during the sinking of the Titanic.

There exists an amazing account of Mr. Stead's experience on the Titanic in a book entitled, *The Blue Island: Experiences of a New Arrival Beyond the Veil*. Published in 1922, it records the communications from Mr. Stead through the mediumship of Mr. Pardoe Woodman and Stead's daughter, Estelle. Because Mr. Stead was a Spiritualist, he was perhaps more prepared for what he may experience after the Titanic hit the iceberg. He shared that as he realized there was no escape from the sinking ship, he asked his spirit guides to spare him the suffering of drowning. He says that his impression of discomfort lasted no more than a few seconds before he found himself freed from his physical body and standing on the Atlantic Ocean.

Consider reading *The Blue Island*, not only for its insight into Mr. Stead's experience on the Titanic, but for its teachings. Mr. Stead's communications from the spirit world impart invaluable information about his transition into the Spirit World, about his experience beyond the veil, and about spiritual development and progression. Once your curiosity about Mr. Stead's experience on the Titanic is satiated, his teachings from beyond the veil lend much more fascination to his story.

I must admit that when I first started reading *The Blue Island*, I may have been more interested in details about the Titanic itself—as with any great mystery, I wanted to know more

about what happened that night in 1912, especially what it was like for those on board whose physical lives came to an end. As I continued reading, however, I grew captivated by Mr. Stead's description of a place that he and the others who perished on the Titanic first visited upon their transition. That, and his description of the Spirit World ignited my interest in wanting to learn everything I could about W. T. Stead.

Who was William T. Stead? He was a prominent investigative journalist in Victorian England. He was a pacifist, a social reformer, and someone we might call a muckraker. And, he was a Spiritualist. Stead was born in England on July 5, 1849, and perished aboard the Titanic on April 15, 1912.

Through his early education at his father's knee to his apprenticeship and eventual editorship of several popular English publications, Stead felt he followed a destiny guided by a moral mission influenced by his faith. He distinguished himself by handling public affairs astutely and by modernizing the presentation of news. He is credited with originating the modern journalistic technique of creating news rather than just reporting it.

In 1885, Stead entered upon a crusade against child prostitution by publishing a series of highly influential articles entitled *The Maiden Tribute of Modern Babylon*. In Victorian England, there was an atrocious trade in which children were abducted and sold as sex slaves. In order to put a stop to it, Stead arranged for the "purchase" of Eliza Armstrong, the 13-year-old daughter of a chimney sweep. He then wrote a series of articles about her. With his successful demonstration of the trade's existence, he contributed significantly to the passing of the Criminal Law Amendment Act of 1885, through which the age of legal consent in Britain was raised from 13 to 16. It also led to his conviction for abduction and a three-month term of imprisonment. Stead was convicted on technical grounds that he failed to first secure permission from Eliza's father for her "purchase." While Stead waged his newspaper campaign,

Eliza was safely hidden and never prostituted. She was never actually bought and sold—it was a manufactured event to create a story for Stead's higher purpose of exposing and stopping the trade. The Eliza Armstrong case was the pinnacle of Stead's career in daily journalism. His new method of journalism paved the way for the modern tabloid in Great Britain.

Stead also was the first in his industry to employ female journalists and pay them the same rate as the men in his employ. Mr. Stead became the foremost publisher of paperbacks in the Victorian Age when he issued affordable reprints of classic literature. Throughout his career Stead proved influential in demonstrating how the press could be used to sway public opinion and government policy.

William Stead was an enthusiastic supporter of the peace movement. As a pacifist, Stead favored a "high court of Justice" among nations, an early version of the "World Court," the primary judicial branch of the United Nations, based in the Peace Palace in the Hague, Netherlands. He covered extensively the Hague Peace Conferences of 1899 and 1907, printing daily papers during those conferences. As a result of these activities, Stead was nominated more than once for the Nobel Peace Prize, and there was a widely held belief that he was due to be awarded the Prize in 1912.

Mr. Stead's interest in Spiritualism began in 1881 when he attended his first séance in London. His awareness of it was further strengthened when he read *Phantasms of the Living*, an 1886 publication of the Society of Psychical Research. By the early 1890s, Stead was thoroughly engrossed in Spiritualism. From 1893 to 1897 he produced the Spiritualist magazine quarterly called *Borderland*, in which he reported on spirit communications, séances, and psychical research.

Stead's own unfoldment included telepathy and automatic writing. His spirit contact was Julia Ames, an American temperance reformer and

journalist whom he met in 1890 shortly before her death. His most famous work on Spiritualism is *Letters from Julia*, a record of his conversations with Ms. Ames, achieved through his automatic writing. In 1909 Stead established "Julia's Bureau," which employed a group of resident mediums from whom inquirers could obtain information about the Spirit World. He opened this Bureau to "bridge the abyss between the two worlds."

After Stead's son Willie died in 1908, he said, "I had always said I would never make my final pronouncement on the truths of Spiritualism until someone near and dear in my own family passed into the great beyond. Then I should know whether Spiritualism stood the test of a great bereavement, bringing life and immortality to light. And I am here to tell you that the reality of my son's continued existence, and of his tender care for me, have annulled the bitterness of death."

We know that Stead boarded the RMS Titanic for a visit to the United States to take part in a Peace Congress at Carnegie Hall, and that he also intended to visit with several mediums while there. William Stead was considered to be one of the most famous Englishmen aboard the Titanic.

From his accounts published in *The Blue Island*, we know that it took only a few seconds for his spirit to be freed from his physical body. He shares his first sensations of surprise of being met by a number of friends who had predeceased him, then shares in full measure the confirmation of continued life that filled him with glorious love. He stated that there were hundreds of souls gathered, all very much alive. Together, Stead and these fellow souls moved to a new land. Together the victims of the Titanic arrived at a glorious land of brightness and beauty. This was a destination for all those people who pass over suddenly; this was a land to help souls quickly regain mental balance. In this new land Stead found himself in the company of his father and two old friends, each of whom came to comfort and help him.

He described a land that was like any place one might find on earth, with trees, flowers, grass and sky. But to Stead, everything reflected a light shade of deep blue. His father explained the healing properties of the color, especially for mental recovery following the accident. This place seemed to be a place for rejuvenation. Stead reported feeling invigorated by the atmosphere of this place he described as "a blue island." And from there, from the Spirit World, he shared a multitude of teachings:

Love one another. Love thy neighbor as thyself. Spiritualism is based on the foundation of love and good. Divine Laws govern Spirit. It is for the individual to decide for himself or herself, by choice, to understand God's Laws. As we progress spiritually we are embraced by a purer love, a golden love, God's love. Every kind of information and knowledge is available; the key to achievement is desire.

We must find the Spirit in ourselves to desire to rise, to improve, to serve, to aspire to the highest and best, not only for our individual selves, but for all beings. That is the path of our progression. All effort in the Spirit World is directed toward steps forward in the evolution of spiritual progression. Here we work solely for spiritual refinement and progress. Progress is never enforced, it must be our choice, as we have free will. Death is merely a transition to another place where our progression of growth continues.

It may be said of William Thomas Stead that he is a champion of Spiritualism in both worlds. He believed in Spiritualism before he died and he proved Spiritualism after his passing to the spirit world. Bless his heart for communicating with us, and bless his heart for helping others. The story of W. T. Stead is both comforting and educational for those of us who are Spiritualists.



Spiritualism & TRUTH

Writer: Wayne Harvey
Summerlands Lakeview Spiritualist Church, WI


Many questions are asked of a Spiritualist and one of the most common questions asked by most people is, "What good does Spiritualism do? What good does it do for me as an individual and what good does it do for others?"

The first and the last thought, the primal, basic answer to this question should be, "It is true." The sum total of human life and of human thought, the total premise and foundation of one's personal belief should be built on the one proposition, Is it true? The simple, fundamental answer is, *It is true.*

In knowing this, I cannot stress enough that the first and most basic answer to the question, "What good does Spiritualism do?" is, whether it be true or not, the good that any particular truth does in the world, It depends not so much upon the truth itself as upon the receptivity of the human mind. Just as the sun may shine, although you are underground hundreds of feet, although you shut yourself in with doors and windows—it is not the sun that is to blame if you do not receive the light, it is your unwillingness to open your mind to the truth.

Spiritualism does good in that it awakens the spirit, and proves to every living soul that there is a separate power of life beyond organization and beyond death. Spiritualism does good in that, aside from being a true religion, it helps many overcome the fear of death. It affirms the knowledge and understanding that the door to reformation is indeed never closed to anyone, here or hereafter, and that when anyone who did not believe or had no hope in the hereafter—who saw nothing but misery and decay at the end of life, now holds communion with their loved ones—hears them—receives their advice, and knows they will one day be reunited with those who have passed before them.

Spiritualism gives many their balance within the universe, and brings out the very best in all who embrace its teachings and philosophies. Spiritualists have no question as to the actual benefits of the truths of Spiritualism and what good it can do for them and those around them. Spiritualism teaches all that one survives the change called



death and carries the identity of the individual with them to the spiritual world. This good cannot be regarded as anything other than a monumental and wondrous discovery for humankind.

It gives meaning and purpose to life, and shows one's life purpose is not confined to this earth, but that one simply starts their life here and continues it, with the benefits and knowledge that they gained, in a higher and superior state of existence. This realization that one is not merely a creature just going through the motions of life, but that one has an endless and immortal destiny, is the greatest thing that can come to anyone.

What good does Spiritualism do? What good does it do for myself and others? That depends upon the enlightenment, aspirations, affections, organization and receptivity of the individual mind. What good Spiritualism does for humankind is that instead of fear and doubt and materialism on the one hand, and bigotry, prejudice, superstition, theology on the other, it proves that there is a direct, palpable, tangible proof of the existence of the human spirit after the change called death.

The good that Spiritualism does is to bring the spirit of truth to the world. The work one does here and now shall take root in the world and the good left behind will be reaped by future generations. The good is that you will taste something of the blessings of Spirit, and partake in the many divine treasures of Spiritualism.



The Cradle of the Spirits

Writer: Rev. Marilyn J. Awtry, N.S.T.
Center For Spiritual Enlightenment
Falls Church, VA

It is once again the time of the year when Spiritualists celebrate the birth of Modern Spiritualism. The story has been told over and over again. However, a great deal remains hidden among writings long out-of-print and are certainly a good find for book collectors. The booklet entitled, *Rappings that Startled the World—Facts About the Fox Sisters* was compiled by R. G. Pressing many years ago and published by the Dale News, Inc. in Lily Dale, New York. The booklet was not copyrighted. Two interesting writings from that booklet have been selected to share with the Spiritualists of today.

A great deal has been written about the cottage in the hamlet of Hydesville. Perhaps one of the greatest stories to reach the public came from Robert Ripley in his “Believe It or Not” column. In July of 1932, Mr. Pressing arranged for an interview with Ripley and published it in his September 22nd syndicated column. A picture of the cottage was a special feature for that day. The caption was

“The Fox Cottage ‘Spook House,’ Lily Dale, New York...it was here—84 years ago—that Rappings first occurred—a phenomenon that startled the world.”

Mr. Ripley in explaining his cartoon referred to the Fox Cottage as “The Cradle of the Spirits.” He wrote, “Modern Spiritualism was born in the home of J. D. Fox of Hydesville, New York, where on March 31st 1848, the phenomena known as table rappings and other noises attributed to spirit agencies manifested themselves for the first time. The two daughters of the owner, Margaretta and Katie, who later became famous as ‘The Fox Sisters’ were the first spiritual media. From Hydesville, the belief of Modern Spiritualists, that the dead are able to communicate with their survivors, spread over the world. The Fox Cottage was moved from Hydesville to Lily Dale, New York in 1916.”

Turning to the writings of Emma Hardinge, we find she brings forth the science of Spiritualism. She stated, “Still the concrete and scientific characteristics of the spiritual movement in America take their origin in the first attempt at telepathy, commenced at Hydesville, and followed out in

Rochester.” She continues by stating that “the spirits claimed that this method of communion was organized by scientific minds in the spirit spheres and the spirits referred to the house at Hydesville, as one peculiarly suited to their purpose from the fact of its being charged with the aura requisite to make it a battery for the working of the telegraph, also to the Fox family as being similarly endowed.

The booklet contained pictures of some of the “Fox Collection” that was on exhibit in New York City, including a silver pencil used by Kate Fox, a broach belonging to Leah Fox, a portrait of Leah wearing the broach, a leather-bound first edition (1885) of Leah’s book *The Missing Link in Modern Spiritualism*, a beaded bag belonging to Leah Fox Underhill, an envelope turned to the front showing Kate Fox’s engraved name and handwriting, and Kate’s personal diary.

There is no death!
What seems so is transition;
This life of mortal breath is but a
suburb to the life Elysian...
- Henry Wadsworth Longfellow



Study Shows MEDIUMS ARE NOT USING IMAGINATION

Writer: Dr. Alan Huguenot, Engr.Sc.D
Golden Gate Spiritualist Church
San Francisco, CA.

There is a lot of new scientific research being funded globally, that is investigating mediumship. Being a Spiritualist Medium and also a scientist, I am fortunate to be able to serve as a test subject for scientific experiments which investigate mediumship at the Institute of Noetic Sciences in Petaluma, CA. This past November, I participated as the test medium in some ongoing experiments, and will again be a test subject giving readings under test conditions in February 2015.

To work with scientists in this arena, it is important for mediums to concentrate on assisting with the science, and leave behind any hidden agenda they may have to prove Spiritualism, or to recruit new members. Scientists are simply interested in facts and data, regardless of what they might prove.

Consequently, when I work in the lab, I don't represent Spiritualism at all, but concentrate

solely on the mediumship itself, and am completely cooperative without imposing my own rules upon the experiment. I do make suggestions to improve the protocols if requested during the debriefing, and after the experimental work is done. I'm satisfied with the knowledge that if scientific data prove mediumship to be a valid measurable phenomena, then that data will also "accidentally" prove Spiritualism.

In past decades scientists were busy trying to verify that mediumship was valid by repeatedly checking the accuracy of the evidence, and then arguing about how it might have been received. Consequently, most mediums saw scientific experiments as tests they might fail. But things have changed in parapsychological science, and today most researchers realize something very real is going on here, and they are more interested in finding out the mechanics of "how mediumship is taking place."

For example, the Institute recently published a study in a scientific journal, the data of which appear to confirm that mediums are not using their imaginations when receiving spirit communications. Rather, mediums are only using their eyes, ears and feelings to receive the communicated information.

The study, published in the academic journal, *Frontiers in Psychology*, 20 Nov 2013, was a joint

effort of Dr. Paul Mills Ph.D. at the University of California, Dr. Julie Beischel Ph.D. & Mark Boccuzzi of the Windbridge Institute in Tucson, AZ, Dr. Arnaud Delorme, Ph.D., Dr. Dean Radin, Ph.D., and Lenna Michel, of the Institute of Noetic Sciences in Petaluma, CA; And, was funded by the BIAL Foundation

This study for the first time utilized 32 channel electroencephalograph (EEG) measurements of brain activity to verify what mental mediums were actually doing while communicating with the other side to address whether or not communication with the deceased is in fact a unique mental state.

Although skeptics will often state that mediums are using imagination or merely remembering previously learned information, this study disproves that hypothesis. Instead, the study provides reliable statistically significant data, replicated in all participants, which suggest that the mediumship state is a subjective experience with brain correlates that are "distinctly different from mental activities like recollection, perception or fabrication." Instead, it appears that mediums are involved in a process that cannot be explained as imagination or some other form of known recall. While this does



not “prove” that the mediums are actually communicating with a deceased consciousness, it does show scientifically that they are not imagining or remembering what they are receiving, but are instead activating their muscles as in seeing hearing and feeling, while these “communications” are taking place.

This agrees with the findings in a prior study by Dr. Roxbury and Dr. Roe of Northampton University (2011), which found that mediumship is not associated with conventional dissociative experiences, pathology, dysfunction, psychosis, or over-active imaginations. Indeed prior research has shown that a large number of mediums are found to be high-functioning, socially accepted individuals within their communities.

This new study is believed to be the first research effort that measures the electrocortical activity of mental mediums, who are not experiencing trance states. Most prior research has focused on whether mediums can genuinely report accurate information under blinded conditions, and whether their personalities deviate in significant ways from population norms. But, little is known about their physiological and electrocortical processes.

This latest study investigated six professional mental mediums randomly selected from a pool of 19 Windbridge certified research mediums. Each medium performed blinded readings of two different deceased persons, for which the mediums were given the first names but had no actual contact with the sitters. The mediums were asked a series of evidential questions regarding aspects of the deceased’s physical and personality characteristics, hobbies or interests, cause of death, preferences, experiences and messages for the sitter. The study explored two research questions:

- (1) Correlations between the accuracy of mediums’ statements and their brain electrical activity were examined.
- (2) Differences in mediums’ brain activity were studied when they intentionally evoked four subjective states: perception, recollection, fabrication, and communication.

The Mediumship Communication mental state differed from the Perceptive mental state, in that larger amplitude

high gamma power was observed during the Mediumship Communication mental state. This rise in gamma waves seems to be from eye or muscular activity. In other words the mediums were receiving information through eyes, ears and feelings, rather than imagining or fabricating them. The report’s findings were as follows.

“The study’s findings suggest that the experience of communicating with the deceased may be a distinct mental state that is not consistent with brain activity during ordinary thinking or imagination.”

This is important scientific verification of the fact that mediums we are actually receiving outside information during mental activities, which the mediums propose are communications being received from the deceased. Although, the data are insufficient to confirm that the source of the communications is actually surviving consciousness, it shows that the source is outside the medium.

The next step is to figure out experiments that can isolate the facts under test conditions that explain where that information being received by the mediums is actually coming from. We Spiritualists may realize that it is coming directly from deceased loved ones. But, science asks the question, “How do we prove that it did not happen some other way, like ESP from living minds?” (I’ll keep you posted.)

Here are several video clips that explain the work being done at Noetic.org:

Dr. Dean Radin, Chief Scientist at Institute of Noetic Sciences (noetic.org) discusses consciousness studies at Noetic.org *VIDEO CLIP (2 minutes, Dec 2014)* at <http://vimeo.com/113981492>

Dr. Arnaud Delorme discusses MEDIUMSHIP SCIENCE at Noetic.org *VIDEO CLIP (2 minutes, Dec 2014)* <http://vimeo.com/113345358>

Astronaut Dr. Edgar Mitchell, founder of noetic.org speaks on “Consciousness Matters” <http://vimeo.com/27269555>



*In 1600, Shakespeare said,
“This above all—to thine own self be true.”*

AUTHENTICITY

What is Real in this World?

Writer: Rev. Norma J. Turner, Ph.D, LM
Chapel of Spiritual Harmony, AZ

So much of what we see around us is false. Ever since the early 1970s, we have not trusted government—not like we used to. We do not trust our advertisers—after all, they are only trying to make some money. We do not trust salespeople—once they have our money, we’ll never hear from them again. We don’t always trust our doctors, but we’ll listen to the pharmacist technician at the drug store. We question our child’s teachers, but listen with full intent to the neighbor’s assessment of the school’s problems.

We wouldn’t begin to trust the politicians who appear on television or radio, but take as absolute truth those things said by a talk show host on a local radio show.

When did we begin to be so suspicious of the experts, the authorities, and those who are trained and educated, and yet be so ready to listen to the person who has no background or training when it comes to important issues like raising our children, deciding on our political candidates, or determining the best course of medical treatment for a condition or illness we may have.


There is a suspicion in our land of almost everyone who claims to have position. By position, I mean someone who by virtue of work, skill, education, or insight has achieved a particular role in the workplace, the family, in society, or even in a religious organization. People with position own that position because they worked hard to achieve it or have been gifted with it. Either way, that position is theirs—and the rest of us, regardless of our gentle, loving natures, might tend to be jealous.

Why should we be jealous? Because we do not have that person’s position, while we are possibly unable to recognize our own position or are unwilling to accept it. In order to understand our position in life, we need to be authentic. We all have a position. But we need to know who we are in order to know and accept that position.

Authenticity is a characteristic of someone who is real—real to himself or herself.

All too often, we grow and develop, trying to be the person someone else wants us to be. It doesn’t matter who that other person is because our sole purpose in life is to win approval from those around us. This aspect of life is all too common with people. We forget the Law of Love. That law says that we are loved for who we are, as we are. We are not loved for being what others want us to be. As a result, some of us take a while before we learn to love ourselves as we are. Why does it take so long? Because we do not know who we are.

Authenticity means that I love and accept myself; I am comfortable with myself; I can be myself when I am talking with you. When you are talking with me, you feel you are with me, not with some fragmented part of me. You should sense that wholesomeness, that level of comfort that says you can trust me because I am not hiding anything about myself. I am who I am. When you walk away from a conversation with me, you should feel as if you have truly



communicated with me. You may not know a great deal about me, but you feel as if you have connected with me. That is authenticity.

When we interact with people, what do they see? Whom do they see? The face we put on for their sake? Or the face that is our own?

One of the principles which guide us as Spiritualists reads: "We affirm that the existence and personal identity of the individual continue after the change called death." Do you know your personal identity? Are you your authentic self? Are you a person to whom others relate with ease? Do people find you easy to talk to?

That is an important question. You see, if you find that you are not easy to talk to, then you will find it difficult to meditate because you are not that comfortable being with yourself. Also, that personal identity that continues after our transition to the next phase of development will need to develop some authenticity to be able to exist as the spirit we are truly meant to be. So it is helpful to begin developing our authentic selves here while we are on earth.

How do we do that? Ask yourself: Do I enjoy what I am doing so much that I look forward to every day? If the answer is no, then we need to ask, why not? How did you fall into a hole where you are not happy? Massey, a futurist, always asked his audience to think of the time when they were about 10 years old. He asked, "What did you do when you were 10 years old that you enjoyed?" The idea was to discover what made you happy. Did you have a hobby? A pastime that you enjoyed? That is the clue to your happiness. That is also a clue to who you really are.

Ask yourself: Do I trust my feelings? Or am I a head-oriented person? Thinking their way through life and life's situations, head-oriented people try to analyze and strategize—but they do not trust their feelings to do the right thing. As a result, other people have a difficult time trusting them because they feel they are simply part of an analytical brain scheme that either fits or doesn't fit the

agenda of our head-oriented person. If I am too much in my head, I will not show the compassion that people need to see so they can trust me. Compassion is a sign for others that they can trust me. Compassion needs to be present in order for people to feel they can connect with me.

Ask yourself: Do I talk to Spirit, or do I let Spirit talk to me? This is an important question because as I have come to learn in the religious philosophy of Spiritualism, Spirit is here to teach and guide us. To allow this to happen requires a bit of humility on our part; we must be willing to listen and learn. We must move our ego aside and place our trust in Spirit. There is that word again—Trust. We who have come to distrust anyone and everyone must learn to trust again. We need to be quiet and listen. It is in this quiet that our authentic self can find itself.

To sum up what I have shared, to be true to ourselves means to be authentic. To be authentic means we know who we are, we understand our feelings, and are able to show compassion. Finally, we can listen to Spirit and understand what it means to trust that inner voice, our higher self. When we are able to listen and to trust, then that is reciprocated: the Law of Reciprocity. People will sense that authenticity in us. People will be able to connect with us and trust us. In that capacity, we can serve together and reach out to other people as open and honest and authentic persons.



INTERSTELLAR



Writer: Rev. Chris Owen, CM, CH
Portland Spiritualist Church, ME

There is a very interesting movie playing in theaters right now called *Interstellar*. It is a very exciting movie with some interesting spiritual dilemmas. In my opinion, the difference between it and other movies on the same topic is that it is genuine and believable while others seem like far out fantasy. I am going to give you a review of this movie from my Spiritualist viewpoint. That which makes this movie exciting for us to watch is the very same thing that makes Spiritualism an exciting pursuit for so many.

The plot begins with devastation of planet Earth brought on by drought and famine. It portrays huge dust storms that cause blight on all of the basic crops on the planet. As scientists calculate that the planet will soon be uninhabitable, a wormhole opens up near the planet Saturn. NASA scientists see this as an opportunity for interstellar space travel. Their probes find 3 planets capable of sustaining earthly life. The story then develops into a drama to find which of the planets has the best environment to sustain human life. It is suggested in the plot of the movie that alien intelligences have created this wormhole in order to save the human race. That suggestion is troubling.

A Spiritualist would recognize that instead of being obsessed with the survival of the planet via help from aliens, mankind should be more concerned over their own behavior while still on the planet in physical form.

Our planet and this solar system will someday cease to exist. Whether it's several years, several million years or a billion years, we know that someday it will cease to exist and alien intelligences likely won't be here to save it. On the other hand, what about the human soul? Cora Richmond, the founder of our church, stated, "the mission of the human soul is found in the pathway of the angels." She said that the soul itself, immortal in its flight, was endowed with knowledge, power and purpose to explore every world, understand the relations of every star, and be linked with planets innumerable, and that all forms and shades of life and experience may be pictured and fashioned into thought to make up a portion of its immortal being.

We are all traveling an endless journey in the Spirit World. This is the truth of our existence. The diver goes into the ocean depths for the treasure he shall find. So it is with our temporary existence here on earth. The treasures to be found on this planet have nothing to do with the things that don't endure, but rather



the things that endure forever. They are the lessons we have learned from our physical, mental and moral strivings here on this planet.

Having said this, I am not implying that we should abandon science or any efforts to help our planet. It means that such efforts need to be genuine and used as stepping stones for higher things. Because it is temporal, material life should not be the object of our obsessions. Material life is an opportunity for knowledge of the things that endure. Material life is important because it presents us with the opportunity to contemplate loftier spiritual things. What is earthly life in a second of time as compared to eternity? But that second of time is valuable if you employ it for the very best purpose possible with the highest end.

To refer back to the movie for a moment, Matt Damon plays an astronaut who betrays the rest of the members of the team for selfish deviant reasons. His actions portray a universal theme that really does plague the human race. Our technical abilities are outstripping our moral capacity and we ourselves are the real threat to our own existence as a species.

Two generations have passed from this world under the threat of nuclear combat. One wonders what might have happened if the principles of Modern Spiritualism when first shown to the masses, were fully embraced instead of rejected for failed dogmas and creeds of the past? What kind of a world would we have today? If the words of our pioneers had been allowed to resonate in the hearts of the people, would this moral deficit in the human race still exist? Would the survival of the human race still be in doubt? Ultimately, the survival of the human race, as this movie points out, is a moral issue and therefore, a spiritual issue.

There is a very curious hint in the movie that perhaps only a Spiritualist would notice. Perhaps it was just a coincidence, but one of the books shown in a haunted library scene was written by Arthur Conan Doyle. For those that don't know, he was the author of the Sherlock Holmes mysteries and one of the most important Spiritualists of his time. Perhaps the significance of that tiny embellishment to the movie was something the movie maker wasn't even aware of. Perhaps it was a subtle message for all of us from Spirit?

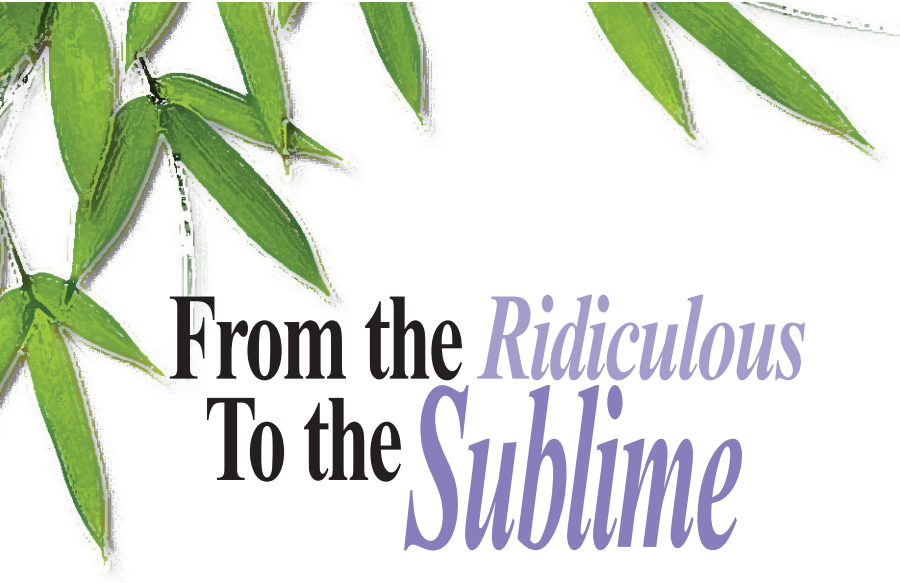
I've seen many space movies in my time, and of course some were better than others. I really enjoyed *2001, A Space Odyssey*. It carried a very mystifying and confusing

plot, and many viewers did not like it for that reason. The movie *Interstellar* is also a very powerful film and very much reminds me of *2001*. If I were to try to put my finger on the source of the power of these movies, I would have to first note their ability to mesmerize the viewer. This film held me in its grip for almost 2 hours. It wasn't the plots and the subplots for both movies, which are in essence very similar. The thing that fascinates me about these movies is the same thing that fascinates me about Spiritualism. Both present a glimmer of light and hope over and beyond the limitations of our physical lives. They present us with a key that opens the door to release our perceived limitations and come to grips with who we really are inside—light travelers and space travelers walking a spiritual path.

As our church founder Cora Richmond once said, "Even the slightest effort we make to contemplate this fact of our lives uplifts our spirit from the petty turmoil and the groveling care of dull life--contemplating the fact that our soul is eternal, shall abide forever and will grow brighter and brighter as time fades into eternity, becomes more and more apparent."


As Spiritualists, we know that the passage of time is transforming our souls and our spirits to rise out of the mud and clay of earth into the light and life of eternity. These movies are powerful in that they give us a flicker of life in the universe beyond this planet that is believable. And to paraphrase Cora Richmond once again, "Our spirits are terrestrial and grasp feebly at contemplating the wonders of the universe. But through long series of tribulations, by experiences without number they pass up and beyond, this atmosphere into the clear light of the celestial kingdom bearing only with them the lessons learned and only such memories as will cloth the thought and the spirit forever in the divine garment of love."

The contemplation of light and life contains much power behind it. One can pay ten dollars at the movie theater and experience the thought for a few hours, or one can embrace Spiritualism and experience this power for a lifetime and beyond. We are all space travelers, and in our hearts we know this to be a fact. Spiritualism reminds us that we create our destiny. Our birthplace, the planet Earth, will someday pass away, but we will fly on with the outstretched wings of Angels.



Sublime: *Lofty, grand or exalted in thought, expression or manner; of outstanding spiritual, intellectual, or moral worth; transcendent excellence.*

From the *Ridiculous* To the *Sublime*



If you were asked to give an example of something really ridiculous, what would you say? What is something that you consider to be foolish, irrational, absurd, stupid or senseless?

I'll tell you what's most ridiculous—to neglect oneself, ignore what is in one's best interest, and squander one's vast potential! Does it make any sense to curb your own growth and enjoyment of life? No, of course not. Why is it, more often than not, that we are our own worst enemy?

When we take the opposite tack and fully develop our potential, Spirit rejoices! For what can be more awe-inspiring and more sublime than the transformation of ordinary people into the magnificent beings we were meant to be?

Imagine inheriting a house that contained a mysterious wooden trunk in the basement. Would you be able to ignore the trunk? No! You would want to open it and discover its contents. You would discard that which was worthless to you, and treasure the items you deemed valuable. We are that trunk, and it contains our habits. Are we regularly checking its contents and disposing of our bad, useless, or harmful habits? Are we using our best habits to inspire and cultivate more of the same?

Are you happy with your job and the company you work for? Did you ever imagine that if you were the CEO of the company, you could do a better job of managing it? Well, guess what? You *are* the CEO of yourself. Keep that in mind. Remind yourself often, "I am responsible for *ME* and plan to make *ME* one of the best companies possible."

If you are holding yourself back, stop. Reach your full potential by reminding yourself daily of some of the following healthy practices.

Have the right attitude. What can be more important than starting each day with the right attitude? Those who will flourish welcome challenges as opportunities and those who look forward to nothing but tedium and dreaded tasks will find just that.

Refrain from looking for happiness in the material things. There's nothing wrong with spending a little hard-earned cash on the material things you want, but things go wrong when

we equate possessions with happiness, and hold the belief that unless we get what we want, we cannot be happy. Happiness doesn't come from outside—it's an inside affair. If you are happy with yourself, you are bound to lead a happy life.

Whining never leads to winning. If you are unhappy about a given situation, complaining is okay as long as it is constructive. If you offer a positive alternative it's no longer a complaint, but a solution. Complaining is a dead-end street, and those who engage in this practice end up seeking scapegoats instead of solutions.

We live in a house of mirrors. Let's not forget that the world reflects back our own behavior. If we're unhappy about how we are treated, all we have to do is improve our behavior and the world will do likewise.

Don't settle for less than an extraordinary life. We were meant to shine, not whine. Every day you can choose to be the most positive person in the room, thereby rising above the rest. Be a visionary. Arthur Schopenhauer (1788—1860) described a visionary as a genius, "Talent hits a target no one else can hit; genius hits a target no one else can see."

The idea that you don't have enough time to accomplish what you would like to do is a fallacy. Each of us receives 86,400 seconds each day to spend as we choose. Some say they have no time to exercise, meditate, play, or monitor and plan their goals. Yet all of these good habits are proven to reduce stress and increase our productivity. They provide us with MORE time to enjoy life, not less.

You can learn from everyone you meet. Imagine living in a library and never having enough curiosity to open the books on the shelves. Hard to imagine that, isn't it? Yet, the world we live in *is* a library, and the people we meet are its books. When was the last time you actually tried to learn something new from the people you meet? Some of us need to admit that more often than not, we believe we know more than others. So, we are more interested in peddling our own ideas than learning from others.

(I have something I like to remind myself of often, and that is, "As long as my mouth is moving, I'm not learning a thing!")

Writer: Anne Thomas
Spiritualist Church of Awareness, Orlando, FL

Spiritualist Perspective on Palm Sunday

How do we, as Spiritualists, consider Palm Sunday? We have come along different paths on our spiritual journeys, many having started as traditional Christians or Catholics. In those religions Jesus is usually regarded as a Savior. As Spiritualists, does Palm Sunday have a particular meaning for us?

First, let us consider some other religions and how they look at the spring season, Jesus and Easter.

When a pagan celebrates the spring equinox, the miracle being feted is the renewal of the world. New growth represents that life not only goes on, but begins anew. No matter how severe the winter, there will always be spring. Pagans do not celebrate Jesus or Easter but do celebrate the rebirth of the seasons.

Although the concept of rebirth is deeply imbedded in Buddhism, the celebration of it is not. Perhaps that is because rebirth is considered a given for Buddhists, who totally embrace reincarnation as a part of the growth of the soul back to Nirvana which is spiritual enlightenment.

Hindus do not celebrate Palm Sunday or Easter but do recognize Avatars or the incarnation of a Hindu deity in human or animal form, especially one of the incarnations of Vishnu such as Rama and Krishna. An Avatar in Hinduism is a deliberate descent of a deity to earth, or a descent of the Supreme Being into an earthly body.

Belief in all of the prophets and messengers of God is a fundamental article of faith in Islam. Thus, believing



in prophets Adam, Jesus, Moses, and Muhammad is a requirement for anyone who calls themselves a Muslim. A person claiming to be a Muslim who, for instance, denies the messages of Jesus or another prophet is not considered a Muslim. Jesus, however, is not celebrated individually, so Palm Sunday and Easter are not celebrated.

Those who embrace Judaism do not celebrate Palm Sunday or Easter in any way because they do not recognize Jesus as their Messiah. Many faiths have definitive teachings about the afterlife. But in answer to the question, "what happens after we die?"—the Torah, the most important religious text for Jewish people, is surprisingly silent. Nowhere does it discuss the afterlife in detail.

According to David Barrett *et al.*, editors of the *World Christian Encyclopedia: A Comparative Survey of Churches and Religions* (AD 30 to 2200) there are 19 major world religions which are subdivided into a total of 270 large religious groups, and many smaller ones. 34,000 separate Christian groups have been identified in the world. Over half of them are independent churches that are not interested in linking with larger denomi-

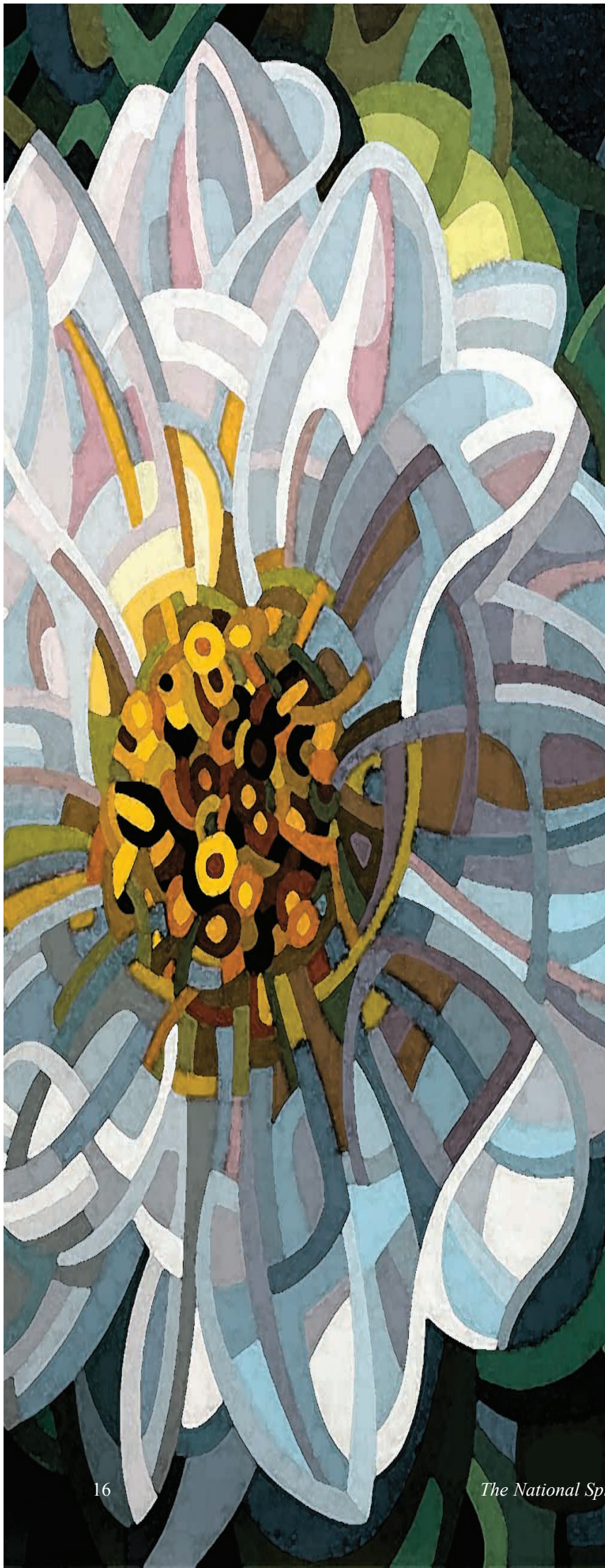
nations. Some of the approximately 1,000 Christian faith groups in the U.S. and Canada believe themselves to be the only true Christian denomination.

Looking at some of this information brings us to the conclusion that many beliefs do not celebrate Easter (as seen in Orthodoxy) at all.

Also, during this research I have repetitiously read that Jesus is not known to have ever written anything during his life. His teachings were all verbal and they were handed down by word of mouth which were recorded (or written) at a later date by his apostles. I also learned that Jesus rode a donkey because the animal represented peace while a man on a horse often indicated an intent to go to war.

We as Spiritualists recognize Jesus as the last great Master Teacher to walk on this earth. We do believe Jesus came to show us the way that Infinite Intelligence or the God Spirit desired for us to live our lives. We don't embrace the idea that Jesus was crucified to save us from our sins because we accept personal responsibility rather than vicarious atonement. Our outlook on the crucifixion has more to do with the resurrection as proof of life after death. For that reason, we do celebrate Easter joyously. It is the one time Spiritualists and Christians are totally in agreement—We celebrate Jesus's survival of physical death. We recognize his manifestation in a materialized body after the stone was rolled from the tomb as concrete evidence of life after death. We see his ability to walk and talk with his followers as totally conceivable because we work to demonstrate that truth through mediumship and messages from our loved ones and spirit guides.

In conclusion, we as Spiritualists basically do not celebrate Palm Sunday in a formal way, but do resonate with what was written in the Bible: "This is the day that the Lord (or God Force) has made; we will rejoice and be glad in it."



No Fear Necessary

No Faith Required

*Writer: Elaine Calhoun, MPI Student
Church of the Living Spirit, Glendale Arizona*

If you ask a class of kindergarten if there are any artists in the room, all hands go up. By the third grade if you ask the same group of children the same question, there are more hands down than up. By the time they reach high school, if you ask the same group the same question, you are lucky to get one hand raised. What changed?

When we're small, those that love us tell us what wonderful artists we are and, if we're lucky, our masterpieces win a place on the much coveted refrigerator door. As we grow, older siblings or other children, with brutal honesty, tell us that what we meant to be a horse doesn't look like a horse at all.

By the time we hit high school, those who aren't completely confident in their skills don't even try to create art for fear of rejection (this social kiss of death for most teenagers).

As human beings, our habits, attitudes and behaviors are based on our experiences. All our experiences are recorded in the subconscious. Once it's there, it's there for good and that can make it very difficult to change our habits, attitudes and behaviors once we've had a negative experience. Of course, our religious upbringing can be one of the most difficult things for us to change.

Many of us were not lucky enough to have been raised in the Spiritualist religion. For those of us who were not, somewhere along the line we decided that our religious beliefs did not work for us and we began the search for other answers.

One of the most attractive aspects of the Spiritualist religion is that it requires no faith. How great is that? We don't have to have faith in anything. We KNOW. Spiritualists know that we create our own happiness or unhappiness as we choose to obey or disobey natural law. More importantly, we KNOW what happens when we die.

As human beings, we are each unique. But there is at least one thing we all have in common. We were each given a gift of life so that we may experience ourselves in this physical expression on the earth plane. The gift was bestowed upon us by that which goes by many names: Infinite Intelligence, The Source of All Things, The Force, The Great Spirit, The Highest of Vibrations or simply God. The gift was that of our life's blood.

If you can, take your two fingers and press them to your throat and feel for your pulse. Now just sit still for a moment. Know that when any human being does this, we all experience the same sensation—our blood coursing through our body. It is a great reminder that we are all bound together in some way during our journey on this physical plane.

As Spiritualists, we know that when our blood ceases to flow we do not cease to exist. We simply change: change being the key word here. Life as we know it on Earth is a series of

changes. Is it not? The moment we are born we begin changing. We change physically and intellectually as we grow, we change jobs and we change partners (some more often than others). Death is just another change in a series of changes. Human beings aren't always comfortable with it, and their discomfort is usually driven by fear of the unknown. Another beautiful thing about Spiritualism is that we know what to expect when we transition and leave our physical bodies behind.

Dr. Elizabeth Kübler Ross, a well-known psychiatrist, named the stages that terminally ill people normally experience leading up to their deaths in her book, *On Death and dying*. They are as follows.

Denial: "This can't be happening." Anger or rage: The "Why me" question. Bargaining: "If you let me live I promise to..." Depression: The realization that bargaining won't work. Acceptance: When they are finally prepared to die in peace and with dignity.

Spiritualism removes the "sting" of death. We understand that death is simply "nature's way of promoting a person from a restricted life on Earth to the expanded life of an etheric existence." For some of us it's the only promotion we'll ever get!

As Spiritualists, we get to skip the first 4 stages by Dr. Ross's account and jump right to Acceptance. We affirm that the existence and personal identity of the individual continue after the change called death. So, instead of being afraid, we can be reassured and comforted by this knowledge and embrace the challenges of life.

In 1945 Andrew Jackson Davis, the Father of Modern Spiritualism, wrote in an article called "What is the Philosophy of Death?" Davis was a skilled medium as well as a physician. He had a patient dying of cancer and asked if he could be with her during her transition. She agreed. What follows are some excerpts from his experience:

“

The body and the soul, like two friends, strongly resisted the various circumstances which rendered their eternal separation imperative and absolute. These internal conflicts gave rise to manifestations of what seemed to be, to the material senses, the most thrilling and painful sensations, but I was unspeakably thankful and delighted when I perceived and realized the fact that those physical manifestations were indications, not of pain or unhappiness, but simply that the Spirit was eternally dissolving its co-partnership with the material organism.

The excessive weeping and lamentations of friends and relatives over the external form of one departed are mainly caused by the sensuous and superficial mode by which the majority of mankind view the phenomena of death.

Could you but turn your natural gaze from the lifeless body, which can no longer answer your look of love, and could your spiritual eyes be opened, you would behold, standing in your midst, a form, the same but more beautiful, and living!

”

How beautiful is that? I think this Buddhist saying sums it up nicely—"When you are born, you cry and the world rejoices. When you die, the world cries and you rejoice!"

One of the lynch pins of Spiritualism is the validation of the continuity of life. Through mediumship each week our ministers, and sometimes student mediums, validate that our loved ones who have passed to Spirit are still very much with us. Spiritualists know what to expect after death because our loved ones in spirit tell us!

We all have the ability to interact with our friends and loved ones who have transitioned to the other side of the veil. Our Reverend Tisdale always says, "They are only a thought away," and I have found that to be true. She also says, "You don't hand a person a hammer and ask them to build a house. It takes study and practice." But we are all capable of building a house or developing our mediumship if we set our minds to it and put in the required work. Another gift from Infinite Intelligence.

Spiritualists also know that the "vengeful God" of which so many religions speak does not exist. There is only God and God's Natural Laws. God is the purest form of love. We feel God's love when we see a baby smile, when we see flowers in full bloom and any other time we "allow" ourselves to feel God's love. It is around us always, if we choose to see it.

It isn't always easy to allow ourselves to feel God's love as we judge ourselves harshly and may not always feel "deserving." Our purpose in this realm is to study and learn to know God. You must know that you are loved now and always. You are never alone during your stay in this expression of life, and each one of us deserves great abundance and great happiness in all aspects of our life as children of God.

I'd like to share with you a few of my favorite quotes about the change called death:

"Of course nobody dies. Death doesn't exist. You only reach a new level of vision, a new realm of consciousness." - Henry Miller

"Death is not extinguishing the light, it is putting out the lamp because the dawn has come." - Rabindranath Tagore

"Death is the greatest illusion of all." - Osho Rajneesh

"The chief problem about death incidentally, is the fear that there may be no afterlife—a depressing thought particularly for those who took the time to shave. Also, theirs is the fear that there IS an afterlife, but no one will know where it's being held" - Woody Allen



media watch

by The Revs. Tom & Lisa Butler, NST

Happiness and Health

One of the studies coming from Marty Seligman's Happier.com website shows that 92% of people felt happier and 94% who had said they were depressed felt less depressed after simply counting their blessings for one week. It seems that gratitude is as powerful as antidepressants and therapy. But it isn't just gratitude that's been found to have such positive effects, positive emotions, including learned optimism, generosity and hopefulness also change our lives.

Barbara Fredrickson, Professor of Psychology at the University of North Carolina at Chapel Hill, has demonstrated that a three-to-one ratio of positive to negative emotions creates a life in which we thrive. (unc.edu/peplab/people.html#aaron)

From the article: "From research done on Buddhist monks' brains, we are beginning to believe that when we think positive thoughts—about gratitude, kindness, optimism and the like—we activate our left prefrontal cortex and flood our bodies with feel-good hormones, which give us an upswing in mood and strengthen our immune system. Conversely, when we think negative, angry, worried, hopeless, pessimistic thoughts, we activate our right prefrontal cortex and flood our body with stress hormones, which send us into fight or flight mode, depressing our mood, and suppressing our immune system. In other words, we are bathing our body/minds/spirits in good or bad chemicals based on our thoughts."

From: "How Random Acts of Kindness—and Lots of Practice—Made Me Happier," by M.J. Ryan, EveryDayHealth.com. Ryan is one of the creators of the New York Times bestselling book Random Acts of Kindness, and the author of How to Survive Change You Didn't Ask For, The Power of Patience, The Happiness Makeover and Attitudes of Gratitude.

Mistaking Evidence as Fraud

According to the Wikipedia article about researcher Charles Richet (1850-1935): "In 1954, the Society for Psychical Research member Rudolf Lambert published a report revealing details about a case of fraud that was covered up by many early members of the Institute Metapsychique International (IMI). Lambert ... discovered photographs depicting fraudulent ectoplasm.... Various 'materializations' were artificially attached to

Eva's hair by wires. ...[IMI] members ... knew about the fraudulent photographs but were firm believers in mediumship phenomena so they demanded the scandal be kept secret."

This Wikipedia article was actually written in December of 2014. It is clear that it is written to make it seem that fraud did occur, when in reality, there is no evidence of fraud. Some of the pictures appear to show threads and faces with a flat appearance. These ambiguities were used as evidence of trickery, even though no mechanisms for proof of the trickery were found. A number of rebuttals were published in the IMI, including an eyewitness report by the photographer. Nevertheless, the Wikipedia article cites no such alternative views.

Modern examples of ectoplasm frequently show threads of the sticky material stuck to surfaces as if fastened there. Author Renaud Evrard asks at the end of his report about the article, "Was it appropriate to base a charge of fraud on hard-to-check testimonies, a long time after the death of the main protagonists, rather than on concrete available evidence?"

From: "Wikipedia, Lambert, and IMI's 'Concealed Fraud' by Renaud Evrard, Mindfield, December 2014, Parapsychological Association, parapsych.org.

Also see: en.wikipedia.org/wiki/Charles_Richet



Spirit Shows Light

Well-known mediumship researcher Gary Schwartz has developed a technique whereby faint light can be detected in a totally dark box. Measurements are taken at the beginning of an experimental session, and then a specific "hypothesized spirit collaborator" is asked to show a "spirit light" in the box and a second reading is taken. The conclusion that "It appears that instructions for specific spirits to enter a light sensing system can be associated with reliable increases in the apparent measurement of photons" suggests those communicating from the other side are able to hear, respond and produce light in an otherwise dark enclosure.

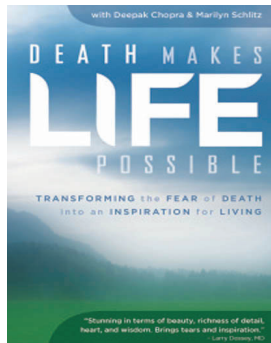
From: The Sacred Promise: How Science Is Discovering Spirit's Collaboration with Us in Our Daily Lives, by Gary E. Schwartz, PhD., Atria Books, 2011. See: Photonic Measurement of Apparent Presence of Spirit Using a Computer Automated System" by Gary E. Schwartz, PhD. 2011, drgaryschwartz.com.

Death Makes Life Possible

This film looks at how popular culture deals with the ever-present fear many have about our own mortality. Interviews with mental health experts, cultural leaders and scientists explore the meaning of death and how we can learn to live without fear. The interviews and evidence presented are interwoven with personal stories of people facing their own death as well as those who report

encounters beyond death.

Death Makes Life Possible features some of the leading scientists, anthropologists, philosophers, spiritual teachers and thinkers of our time including Deepak Chopra, Michael Bernard Beckwith, Dean Radin, Rupert Sheldrake and Dr. Jim Tucker to name a few. Hospice Maui wrote, "Our Spiritual Care Counselors are particularly attuned to the existential suffering that is often present as someone faces their last days in this world. The film *Death Makes Life Possible* is a very welcome and very powerful new tool. We will be using it for years to come, not only to help relieve the suffering in some of our patients, but also, and sometimes much more importantly, with their families to ease their grief and distress before and after the death." To view go to imdb.com/video/wab/vi1744543769/



Retrocausal Effects

Volunteers were given a questionnaire designed to determine if they were intuitive or rational thinkers. They were then presented with randomly chosen shapes and instructed to either respond or not respond, depending on the shape. In a second task, participants only had to respond to one shape. This shape was randomly chosen from the two that were used in the first task.

After the second task, reaction times to the shapes in the first task were compared and the reaction time for the one selected for the second task was about 2% shorter. The reaction time in the first task would normally have been the same for each shape. According to the researchers, the study seemed to "... confirm the growing literature on retroactive influences on cognition and emotions, where future events seem to have an anomalous, retroactive influence on responses and behavior in the present." The participants scoring the highest in intuitive thinking accounted for virtually all of the effect.

From: Dick J. Bierman and Aron Bijl, "Anomalous 'Retrocausal' Effects On Performance in a Go/Nogo Task," Journal of Scientific Exploration, Vol. 28, 9/30/2014

The Afterlife Files

Documentarians Todd Moster and Nancy Williams are working on a television docu-series titled: *The Afterlife Files*. Most information on TV about survival has been produced by mainstream media in what are really "for entertainment only" programs. Factual exploration of paranormal subjects is not always exciting, especially when science is involved and therefore it is often very difficult for this type of program to get funding. Many people are turning to public funding to finance

these programs.

This is perhaps the best hope of the Spiritualist community to see a balanced presentation to the public about what is known about survival. You can see the pilot video for the program, which will be launched on the crowd-funding website at kickstarter.com on January 28, here: vimeo.com/115815330.



A Successful Life

Arianna Huffington was named by *Forbes* magazine in 2014 as the 52nd most powerful woman in the world. Huffington launched *The Huffington Post* in 2005. It was sold to AOL in 2011. Huffington writes that "More and more people are realizing we're living our lives in a way that's not sustainable." She says that, in our working culture, busyness and sleep deprivation are held up by some as a badge of honor. She cites a study from the Walter Reed Army Institute of Research, showing that sleep deprivation reduces our emotional intelligence, self-regard, assertiveness, sense of independence, empathy toward others, the quality of our interpersonal relationships, positive thinking and impulse control. She writes about how stress affects our rates of disease and about how "It's not an exaggeration to call meditation a miracle drug." A key path towards fulfillment, she argues, is through empathy and giving. "If our life's journey is to evolve as human beings, there is no faster way to do it than through giving and service." The view of "man as an exclusively material being" has dominated how we live our lives and what we consider success, Huffington says. "But today this is all changing. We have increasingly come to realize that there are other dimensions to living a truly successful life."

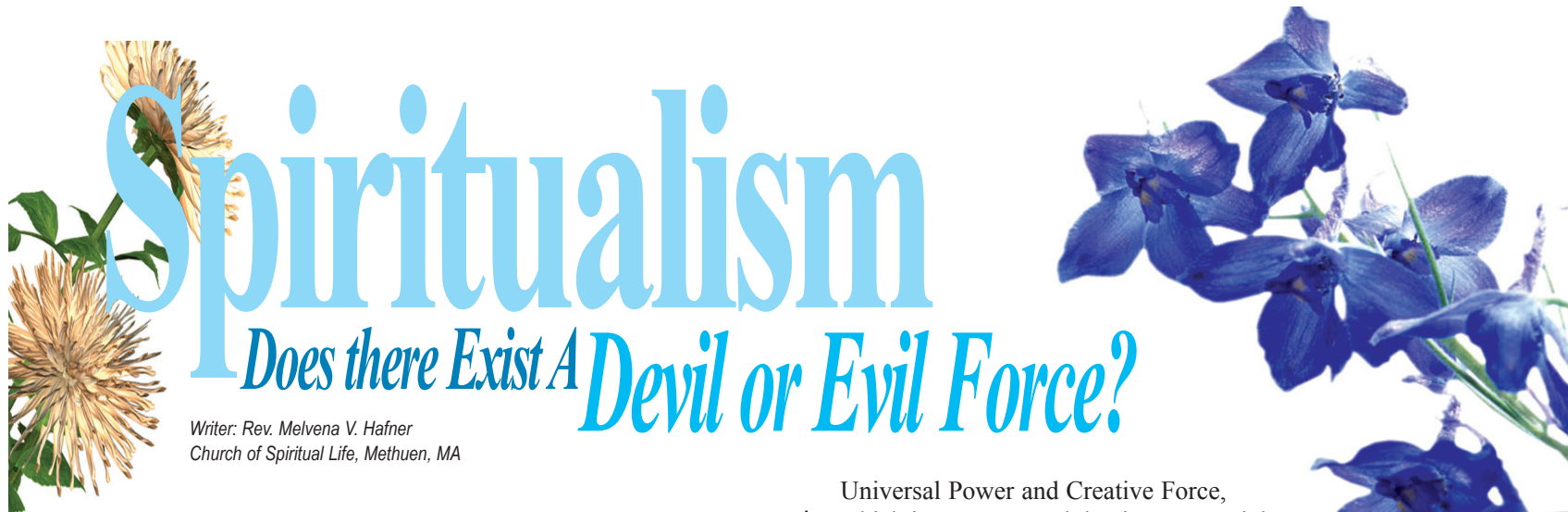
From: "Arianna Huffington: 'New science is validating ancient wisdom'" by Seán Dagan Wood, 2014. Positivenews.org.uk/2014/wellbeing/16269/arianna-huffington-new-science-validating-ancient-wisdom/

The Otherside Press

A new initiative to unify the paranormal community has begun with publication of *The Otherside Press Magazine*. Because of the amount of unreliable information about things paranormal, there is a growing need for a reliable, authoritative source for "the real story" and real answers about The Otherside." Even in the first issue, you will find excellent and informative articles about a wide range of paranormal subjects. Tom Butler will be contributing a column titled "All Things Etheric" as the token philosopher. Read the first issue at theothersidepress.com/.



Tom and Lisa Butler are interested in your personal experiences with after-death communication. Please send your experiences to Tom-Lisa@atransc.org.



Spiritualism

Does there Exist A Devil or Evil Force?

Writer: Rev. Melvena V. Hafner
Church of Spiritual Life, Methuen, MA

Theology, in the Christian Church, teaches the doctrine of a personal devil, as well as a personal God. You can read about the controversy between God and the devil. A devil must be created in mortal mind to further a plan for the fall of the human race. The idea of a personal devil, at that time, had not yet been established. Only the worship of Gods and spirits prevailed, and the belief was that spirits dwelled in trees, streams, mountains, and other aspects of nature.

We are told in the scriptures that there was a war fought in Heaven. Satan, or Lucifer, the most beautiful of all the angels, became proud and sinful, and influenced other angels likewise. So God cast him out of Heaven and down to Earth with a legion of his followers.

Spiritualism cannot accept a personal devil any more than we can accept a personal God. Spiritualism does not deny the existence of God. Man's finite, mental capabilities can conceive God's greatness and, as time unfolds, the development and progress of Nature's Infinite plan. We define God as a

Universal Power and Creative Force, which is non-personal, having no special place set apart. Spiritualism differs in believing that, through wrong-doing, God will depart. It can be true that, through lack of spiritual desire, we can lower our vibration to such a degree that we may not feel the awareness of God-consciousness within; until such time this God-power is permitted to become exercised.

We hold no part in our Spiritualist Philosophy that there was ever a Devil, literally speaking. There is only one controlling Power. Any evil is a force created in the mind of human beings and is placed there through fear, ignorance or superstition.

Evil is the lack of knowledge, of misapprehension and misunderstanding of the law of cause and effect. Every act of man has the direct result of bringing good or evil, which is the working of Immutable Law. Everything expressed in God's Law must be equally balanced. Wisdom can only be gained through actual soul experience—the only way toward Eternal Progress.

Called Beyond

Reverend Sally Estes, NST served Spiritualism in California since 1978.

She was ordained Dec 28, 1986 by Rev. Anna Franz.

Later she became the Pastor of the Temple of Spiritual Truth in San Bernardino, CA and served there till she retired in 2011.

The family invites you to her Memorial Service on Saturday April 18, 2015 at 11:00 am.

The Church of Jesus Christ of Latter-day Saints
3860 North Waterman Avenue
San Bernardino, CA 92404

*Contact her children (Carol Estes Caesar & Steve Estes) for any memories of Sally you wish to share at emails: Ltmjeanie@aol.com and: TigerOnTheKeys@yahoo.com



The NSAC Post



Newly Ordained Minister
The Rev. Patricia Craig

Ordination was held at the Oniset Wigwam Spiritualist Camp in Onset, MA., on November 1st, 2014.

The Rev. Jacquelyn Randall performed the ceremony in front of family, friends and members of the First Spiritualist Church of Brockton & Oniset Wigwam Spiritualist Camp.



Newly Ordained Minister
The Rev. Rita O'Connor

Ordination was held at the Center for Spiritual Enlightenment in Falls Church, VA on Sunday, November 16th, 2014.

The Rev. Konstanza Morning Star chaired &
The Rev. Bunny Starr officiated.

EXAMINATIONS & CREDENTIALS:

All future correspondence related to the processing of examinations and credentials will be handled by the NSAC Department of Education. Please send to:

Rev. June E. Killmer, Director
NSAC Department of Education
1635 Old Hart Ranch Road, Roseville, CA 95661
Email: JuneKillmer@surewest.net

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Reprinted from
The National Spiritualist

Author: Rosalind Moore Amanuensis

March, 1931

Letters from the Spirit World

Many earth people are thinking and wondering on the subject of continued life, realizing that each year that passes brings them nearer to their own transition. If you who are interested and who are broad enough to accept the statements from the spirit world could only travel a little more closely with us, we could explain many things as we go along.

We would like you to imagine yourselves and us as traveling along life's road on parallel lines—we a little ahead of you; you looking forward to discover our footprints, we, looking back to beckon you forward; sometimes coming back to help you over a rough place in your road, sometimes beckoning you from the shadows into which you have wandered, into the sunlight where we stand. We point to the flowers which brighten the roadside, flowers of the mercies which have been shown to you; flowers blossoming from the deeds of kindness you have done, the rewards or symbols of your efforts. As you journey toward the light in which we stand, the love and interest and understanding with which you help your fellow travelers who walk by your

side, will blossom freely as beautiful flowers and, with their beauty and perfume, will fill your hearts with peace and joy.

"The spirit folk so often speak in symbols," you say, "and we of earth cannot comprehend them all." No, but you can learn to do so. These things we have said to you are not difficult to understand nor to apply to daily life; they are symbols to you of earth because you cannot see the results of daily life; like little children unwillingly going to school, it often happens that "must" is the driver and you unwillingly do this or that, all the time longing to do something more pleasing—something which will bring immediate results.

So we have given you symbolic

pictures of life, with flowers as symbols of the results. We want you to realize that no one of earth is ever alone; that a guardian, or spirit helper is near, or willing to be near—very near, if you so desire; sometimes standing at a little distance waiting for you to indicate a desire.

None of our words will touch the heart of one who has no spiritual desires; one who frets and grieves and worries—always looking down at the stones and rough places in the road of life. We know these are ever present, but we also know that they will be unimportant, easily surmounted if you only look ahead of you to the beckoning hands of your helpers. Serenely say, "I know whence cometh my help" and as children look to their parents for help in the difficulties which dismay them, so you may look in faith in your helpers.

Do not misunderstand us; we do not consider ourselves as usurping the powers of the God of whom you have always thought. We are messengers of a power much higher than ourselves. Your helpers are not always your immediate relatives and friends; far from it; whenever a would-be spiritual soul of the earth plane calls for help, when he even *needs* help even though he sometimes does not realize his need—help will be brought to him in ways he cannot imagine. Your practical earth people (as you think) have been so impressed by the teachings of various creeds that an imagination of spiritual possibilities has not been cultivated.

We will give you another symbolic picture. We are not looking backward to the road of life on earth; we see its lights and shadows, the hills and valleys which are symbols of the events of your daily lives. The roads are dotted with travelers on life's journey. We see some of them trudging onward, bravely carrying the burdens of daily life; we see others, apparently discouraged, feeling themselves unable to continue. Others say: "what for? Why struggle with no object in view?" and off they go into the pleasant places of life, shifting their burdens to someone else's overloaded shoulders.

We could continue, picturing to you other scenes but the picture is full enough for the moment. The next thought is, how shall all these people be encouraged? There is still space on our canvas for a few delicate touches which only you who are initiated can see.





Near each person, and especially near to him who steps bravely forward toward the light, stands, or walks a little ahead of him, a spirit of light leading him on with golden chains of love; now taking his hand to help him over a difficulty; now breathing in his ear a helpful thought; now showing to the eye of faith the picture of the delights ahead of him; now leading him to the shade to rest and to meditate a while; now plucking and bringing him to the flowers of glorious colors and delicate perfumes which spring from the results of his own loving deeds.

Now and then his eyes are opened for a moment and he sees his loving helpers by his side; his ears are opened and he catches the harmonies of heavenly music. And so he travels on, happy in his friends, because of the faith which is in him and his song is, "I know in whom I have believed." Do you like the picture? Do you understand the symbolism? Then you are on the road to Spiritual understanding.

You have been told that all things are possible with God. We have learned that the higher spiritual power is given to chosen messengers, power that you of earth cannot imagine. All things are possible? Yes; but you must furnish conditions for the reception of the things possible. This power must not be wasted nor given to one who does not understand the use of it. Prepare yourselves by study, by meditation, by unselfishness, by love, faith and strong desire, so that one by one, as you are ready, these things may be added unto you.

Tech Support at the "Heart Help Line"

Author Unknown

Tech Support: "Hello, and thank you for calling Tech Support. How may I help you?"

Customer: "Well, after much consideration, I've decided to install Love. Can you guide me through the process?"

Tech Support: "Yes. I can help you. Are you ready to proceed?"

Customer: "Well, I'm not very technical, but I think I'm ready. What do I do first?"

Tech Support: "The first step is to open your Heart. Have you located your Heart?"

Customer: "Yes, but there are several other programs running now. Is it okay to install Love while they're running?"

Tech Support: "Depends. What programs are running?"

Customer: "Let's see, I have Past Hurt, Low Self-Esteem, Grudge and Resentment running right now."

Tech Support: "No problem; Love will gradually erase Past Hurt from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. Love will eventually override Low Self-Esteem with a module of its own called High Self-Esteem. However, you have to completely turn off Grudge and Resentment. Those programs prevent Love from being properly installed. Can you turn those off?"

Customer: "I don't know how to turn them off. Can you tell me how?"

Tech Support: "With pleasure. Go to your start menu and invoke Forgiveness. Do this as many times as necessary until Grudge and Resentment have been completely erased."

Customer: "Okay, done! Love has started installing itself. Is that right?"

Tech Support: "Yes, but remember that you have only the base program. You need to begin connecting to other Hearts in order to get the upgrades."

Customer: "Oops! I have an error message already. It says, 'Error - Program not run on external components.' What should I do?"

Tech Support: "Don't worry. The Love program is set up to run on Internal Hearts, but has not yet been run on your Heart. In non-technical terms, it simply means you have to Love yourself before you can Love others."

Customer: "So, what should I do?"

Tech Support: "Pull down the Self-Acceptance menu, then select the following three files: Know-Thy-Self, Forgive-Thy-Self, and Value-Thy-Self."

Customer: "Okay, done."

Tech Support: "Now, copy them to your 'My Heart' directory. The system will overwrite any conflicting files and begin patching faulty programming. Also, you need to delete Verbose Self-Criticism from all directories and empty your Recycle Bin to make sure it is completely gone and never comes back."

Customer: "Got it. Hey! My heart is filling up with new files! Smile is playing on my monitor and Peace and Contentment are copying themselves all over My Heart. Is this normal?"

Tech Support: "Sometimes. For others it takes awhile, but eventually everyone gets it at the proper time. So, Love is installed and running. One more thing before we hang up: Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will, in turn, share it with others and return some very cool modules back to you."

Customer: "Thank you!"

Submitted by Kathleen Riley, MPI Student

SCIENCE

Dr. Robert Hare & His Spiritoscopes

“I did not yield the ground undisputed, and was vanquished only by facts and reasons which, when understood or admitted, must produce in others the conviction which they created in me.” - Dr. Robert Hare

Dr. Robert Hare (January 17, 1781 – May 15, 1858) was the son of an English emigrant, a world-renowned inventor and highly respected chairman of chemistry and natural philosophy at William and Mary. While professor of chemistry at the University of Pennsylvania medical school, he became Professor Emeritus and remained at the University until his retirement in 1847. Dr. Hare was awarded an honorary M.D. degree from both Yale and Harvard, and was an honorary life member of the Smithsonian Institute. He published more than 150 scientific papers during his career.

In America, he was viewed with the same esteem as Sir William Crookes in England, and followed a similar route as Crookes in being a remarkable inventor and researcher at a young age. At the young age of 18, he introduced a series of inventions including a forerunner of the modern welding torch, the voltaic battery, and he was the first to fuse together lime, magnesia, iridium and platinum.

On non-scientific issues, he used the pen name, “Eldred Grayson,” to put forth his political, social, and philosophical views. He was also an ardent abolitionist. In 1853 Dr. Hare wrote a letter in the *Philadelphia Inquirer* denouncing Spiritualism as “popular madness.” He claimed that the phenomenon of Spiritualism was nothing more than unconscious muscular actions, or hallucinations. He would later write, “In common with almost all educated persons of the nineteenth century, I have been brought up deaf to any testimony which claimed assistance from supernatural causes, such as ghosts, magic, or witchcraft.”

Shortly after his letter was printed in the *Inquirer*, Dr. Hare received letters from Amasa Holcombe and Dr. Daniel Frost Comstock. Mr. Holcombe was a civil engineer, businessman, and a manufacturer of surveying equipment and telescopes. Holcombe had shared Hare’s views on Spiritualism until he attended a séance. Holcombe’s experience led him to recommend that Hare examine the phenomena before dismissing it. Dr. Comstock was a Spiritualist supporter who worked with the ASPR. Hare followed his direction and arranged to attend a Spiritualist circle. He was impressed with the sincerity of the first circle and experienced rapping phenomena. After carefully examining the table and participants, he left bewildered. After attending another circle with a friend who was a skeptic, they both left scratching their heads, unable to explain what they had witnessed.

During yet another circle, he experienced table-tipping. Using an alphabetic board, the medium spelled out a message

for him, although the message was directed at his friend: “Light is dawning on the mind of your friend; soon he will speak trumpet-tongued to the scientific world, and add a new link to that chain of evidence on which our hope of man’s salvation is founded.”

During early mediumship demonstrations, mediums often spoke of, and wished for, a way to more quickly facilitate messages from Spirit other than using table-tipping or message boards. This was the time of the telegraph (invented in 1844), and many considered the idea that if a telegraph could connect the living, why not the dead? In 1853, a Connecticut Spiritualist, Isaac T. Pease created his “Spiritual Telegraph” for just such a purpose. Pease was a successful wood mill owner and hand crafted clock cases. His “Spiritual Telegraph” consisted of a dial with the alphabet around the circumference of a disc with a message needle to point to the letters. It was a simple device which used no electricity. In essence, his “Spiritual Telegraph” was the world’s first dial plate planchette.

Mr. Pease was also a travelling salesman for the new publication, *The Spiritual Telegraph*, edited by Charles Partridge (a relative of the author of this article). As Dr. Hare set out to prove that Spiritualism was just flimflam, he began developing experiments and strategies to prevent the “fraud and the unconscious motor responses” that the scientist Michael Faraday had been so convinced he’d found while investigating table-tipping. Faraday was perhaps the first scientist to investigate the phenomena of table-tipping. He created special tables which he believed would eliminate deception during his testing. He came away from his research with the opinion that mediums were not frauds, but were victims of “unconscious muscular action” which he could not subscribe to the influence of spirit beings. This was the original opinion shared by Dr. Hare. This was the era of the “Odic force” theory, which neither Faraday nor Hare were convinced of. In 1853, Hare wrote, “(I) was at that time utterly incredulous of any cause of the phenomena excepting unconscious muscular action on the part of the persons with whom the phenomena were associated.”

Being always the remarkable inventor, Dr. Hare set out to create a device which would facilitate and expedite spirit communications. The first apparatus and all future devices he designed of its kind were called “Spiritoscopes.” The results achieved through the use of these devices caused Dr. Hare to radically change his views on Spiritualism, and he became one of our most famous 19th century supporters.

The first Spiritoscope consisted of a large circular disc with the alphabet circling the circumference of it. It was basically the Spiritual Telegraph that Pease had developed, but with some major additions. This disc had weights, pulleys, and cords which attached the disc to a table. He also placed barriers between the medium and the table, so the medium was “blinded” during the séance. The Spiritoscope was not

designed in such a way that it could be influenced by an outside physical agency, nor could the medium influence what was spelled out by the dial. The medium would sit behind the table in order to supply the “psychic force” to operate this device. The device Hare created would enable spirit to manifest their physical and intellectual power independently of the medium. The letters of the alphabet were attached to the disc in a haphazard order. An arrow that swiveled at the center of the disc was used to select letters one at a time. Initially Hare had a medium sit opposite him at a table. The disc was placed between Hare and the medium so that only Hare could see the letters and the movement of the arrow. The medium sat with her hands on a section of the table which through a system of pulleys and weights was attached to the arrow so that the slightest pressures of her hand would cause it to move in various directions and point to letters.

Dr. Hare created yet a second Spiritoscope in which movements of the alphabet dial could only be influenced by balls and a string of casters attached to the table, thus it was thought that only Spirit communication through table-tipping could move the string of the casters thus spelling out messages. At 6 feet long, the table was far too heavy for a medium to push or pull around. The second model of the Spiritoscope was more mobile and easier to transport. The third version that we know of worked with the medium placing their hands in a cage above a vase of water and not having any physical contact with his apparatus at all. Dr. Hare was able to prove that a “psychic force” did indeed exist and was utilized in the production of Spirit messages. He was able to record a force equivalent to 18 lbs being applied to the water by Spirit.

Once Dr. Hare was certain that his spiritoscope would prevent trickery of any kind, he attended a circle with it and the first spirit to make use of the device was his own father, with the message, “Oh, my son, listen to reason!” Ever the honest skeptic, Dr. Hare continued gaining more and more evidential messages about his personal life that the mediums involved could have never known. In all, he sat with 23 different mediums.

With such mounting evidence before him, he slowly converted to Spiritualism. He wrote, “So far as my judgment goes, there never was a letter written of which the facts or inferences are more correct... Yet it appears that so late as the 8th of February (1854), I was still a doubter. The tenor of the correspondence will that if I was conquered, I did not yield the ground undisputed, and was vanished only by facts and reasons which, when understood or admitted, must produce in others the conviction which they created in me. If I was the victim of an intellectual epidemic, my mental constitution did not yield at once to the miasma. It took some three months to include me among its victims.”

Dr. Hare became so convinced of the truth of Spiritualism that he took a gigantic step which energized the supporters of Spiritualism, but also laid his career and reputation on the line.

He spoke of the reality of spirit communication to the *American Association for the Advancement of Science*. His talk was wildly received by the public, but his colleagues at

Harvard were appalled and called for his expulsion and the withdrawal of his credentials and degrees. In their opinion, Hare had lost his mind. He was denounced for his “insane adherence to the gigantic humbug,” and was shouted down and silenced during his presentation. It was decided by the association that Spiritualism was too dangerous a subject to be presented at their convention and he was expelled from that group and forced to resign from his chair of chemistry. Interestingly enough, the uproar did nothing more than to cause Dr. Hare to become more entrenched in his Spiritualist beliefs.

In his own defense, Dr. Hare writes, “...I have been engaged in scientific pursuits for upwards of half a century and my accuracy and precision have never been questioned until I have become a Spiritualist, while my integrity as a man has never in my life been assailed until the Harvard Professors fulminated their report against that which I KNOW to be true, and which they do not know to be false.”

Dr. Hare soon began research with Mrs. Maria B. Hayden, who would later be credited with introducing Spiritualism to England and Europe, and whose husband founded *The Spirit World*, England’s first Spiritualist magazine.

Dr. Hare himself became a medium in 1855. He was an inquisitive man with a thousand questions to ask of Spirit, and he did! His book, *The Experimental Investigation of the Spirit Manifestation*, published in 1855, is an example of his never missing an opportunity to gain knowledge from the Spirit side of life.

In 1858, *The Spiritual Telegraph* newspaper ran a story of an amazing incident of phenomena. Dr. Hare was visited by a Dr. S. A. Peters and observed a nineteen year old medium, A. D. Ruggles, who, through the Spiritoscope, directed Dr. Peters to place two separate pieces of platinum and two empty, sealed glass tubes in a lockbox a foot away from Dr. Peters. After a period of 45 minutes, the Spiritoscope spelled out a message that Dr. Peters should open the box and remove the contents. Dr. Peters unlocked the box to find the platinum had been placed within the sealed tubes, one piece to each tube.

After Dr. Hare made his transition to Spirit, a great injustice was done not only to the man, but his career, character, and reputation. The New York Times ran this obituary with a vitriolic attack against him, and Spiritualism in general: “Many of the most valuable discoveries of the century are due to his research and ability...until an unfortunate moment he became a convert to the doctrine of Spiritualism, a delusion which of later years expelled from his mind nearly every other subject.”

There are several Spiritoscopes that exist to this day, most are in the collection of *The Talking Board Museum* in San Antonio, TX.

As Spiritualists, we should honor the spirit of Dr. Hare’s research and begin anew making inroads into the scientific community.



Leon's Story

Writer: Rev. Rita O'Connor
The Center for Spiritual Enlightenment, Falls Church, VA

Our dear friend Leon died of AIDS. He left behind his devoted partner, Bob, a large family, and a host of friends. My friends, Betsy and Terry, with whom I shared a house, were looking for a way to meaningfully commemorate our friend and honor his memory. We heard that the AIDS quilt was coming to Washington and decided to sew a panel in memory of Leon to be added to the quilt during a ceremony on the grounds of the Washington Monument.

Accompanied by many finger-pricks and ouches, our design gradually took shape. We sewed on musical notes and cowboy boots and other symbols of the things Leon loved in life. Finally it was completed. On the appointed day, we took it to the monument grounds and inserted it into the space that had been reserved for it. We cried a little, said a Native American prayer for him, and went home.

Weeks turned into months and we still often reflected the memorial and how pleased we were with how it had turned out. One Saturday morning, the three of us were sitting around the kitchen table talking about our plans for the weekend. Suddenly the answering machine on the hutch made a loud click. We all turned to stare. Then it began rewinding with a loud whirring sound. Then it came to a stop with an abrupt click. Before we any of us could comment on this bizarre event, it clicked once more and began to play. In a voice that we all recognized, it said, "Hello, girls. It's Leon. I'm in a beautiful place." One final click, and it stopped.

We sat in astonished silence. Did that just happen? I rose from my seat, rewound the tape, and hit play. It played again, just as before. "Hello, girls. It's Leon. I'm in a beautiful place." This was no phantom message. It was a real recording on a real tape cassette.

I can assure you that this was not an old message from Leon, randomly played by a glitch in the machine. It was a brand new message, which we played again and again, trying each time to listen more carefully. We decided to send the tape to Leon's partner Bob so that he could save this stunning piece of evidence that Leon lived on—evidence in his own words and in his own voice.

Last week during fellowship a member of our church commented on our 5th Principle, "We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism." He said, "is it scientifically proven? Where is the scientific part?" Its a good question

that I myself asked when I was new to Spiritualism.

Until one researches into the history of Spiritualism, they may remain unaware of the many scientists who have designed experiments over the years to prove whether phenomena is real.

Some Early Investigations

Many different types of phenomena exist, but it is only those that help prove the continuity of life that Spiritualists are interested in. Concerning spiritual phenomena, Spiritualists want to be sure to eliminate the possibility of any other explanations.

When Spiritualism was growing widely popular in the mid-1800's—when séances were being held in every small town and large city—when there was widespread fascination about communicating with the dead—it was only a matter of time before there were frauds practicing as mediums. Public fascination, fickle as it is, turned its attention from examining the phenomena of communication with the dead to the latest scandal involving exposing fakes. In spite of this, there were a small number of scientists who had taken the time to attend séances and believed that there could be some truth to the phenomena that was being reported. They began applying the laws of science in their investigations of these reports.

One of the best known investigators was Sir William Crookes, who had worked with and investigated a number of well-known mediums. He confessed that “he began investigations into psychical phenomena believing that the whole matter might prove to be a trick.” However his experiences convinced him that spirit communication was genuine.

May we recommend that you look into his experiments to get some idea of their scientific rigor. Sir Arthur Conan Doyle, who wrote *The History of Spiritualism*, was impressed by Crookes because of his “high scientific standing.” However, Crookes encountered great resistance during his efforts to publish his findings regardless of his standing in the scientific community.

Two fellow scientists, Professor Henry Sidgwick and Frederick Myers, sympathized with Crookes. They joined him to form an association interested in investigating the paranormal, a group that became known as the Society for Psychical Research. As it grew, new members came from among both the skeptics and the believers, including Sir Oliver Lodge, Sir Arthur Conan Doyle, and later Sigmund Freud and Carl Jung.

Skeptics formed an important component of the Society, for science is not about choosing only details and facts that support the hypothesis. prove that you are right. It assured that impartial research was conducted to determine whether the hypothesis in question was true or false.

Aside from Professor Crookes, there were other investigators with high professional standing. The first of three prominent ones of that time were Dr. A. Russel Wallace, who co-discovered with Charles Darwin of the Theory of Evolution.

He painstakingly investigated Spiritualism over a number of years, eventually concluding that its phenomena were proved, as he said, “quite as well as the facts of any other science.”

The second, Judge Robert Hare, developed a number of instruments which, contrary to his expectations, conclusively proved that the phenomena was not the work of those present, but of some separate power and intelligence.

A very early investigator, Judge John Edmonds investigated the rappings in the Fox Cottage. From the beginning he was quite public about it, and later wrote his conclusions in a letter published in the New York Herald. For this honest and conscientious report, he was ridiculed as a “crazy Spiritualist,” and had to resign his position as Judge of the Supreme Court of New York. These, and other, scientists went public with their findings and risked their reputations in light of the stigma attached to research into the paranormal. As many of us have experienced, that stigma is still very alive today.

The interest in scientific experiments dwindled down in number after the nineteenth century, but did not completely stop. One prominent investigator of our time is Professor Gary Schwartz, who studied biofeedback research in his early career. His VERITAS research project at the University of Arizona, which only concluded in 2008, was designed to test the hypothesis that consciousness (the identity of a person) survives physical death. Schwartz tested mediums such as John Edward, Allison DuBois, and the Rev. Anne Gehman.

Beyond the research that specifically targets mediumship as a tool for proving continuous life, the scientific field has widened considerably. Perhaps you have heard of the studies on the effects of prayer, thought, and positive affirmations. These investigations are exploring the ways in which our thoughts affect our physical reality.

We know that most neuroscientists believe that consciousness is a by-product of the physical brain—that mind arises from matter. But a few are exploring near-death experiences to question whether people can indeed be conscious of events around them, even when they are physically unconscious or when their brains show no signs of electrical activity at all. Studies like these have become much more mainstream in the past few decades.

As Spiritualists we are encouraged to question and to explore. You get a reminder of this every time you hear our 5th Principle, “We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.”

Note:

*If only I had realized at the time the value of Leon's recorded audio message for researchers, I would have prepared a copy of the tape to give to his partner Bob, rather than releasing the original recording.
I truly regret missing that opportunity.*

What Has *Environmentalism* Got To Do With It?

Writer: Rev. Earnest Leard
Memorial Spiritualist Church, Norfolk, VA

How many of us consider ourselves to be an environmentalist? We all should be holding up our hands, for we are all environmentalists. We all breathe air, drink water, eat food created by the world around us. Some people are more concerned about the environment than others of course, but we all have a tremendous stake in the health of our world.

Every April 22nd, the world celebrates Earth Day, the first observation being held in 1970. Have you ever wondered how this relates to our faith? Isn't this a political issue? No, it isn't "just a political issue"—it is directly related to our Spiritualist beliefs. Our faith holds that we are part of God's creation, not superior to it, and that all of God's creations are related and interconnected. Deep within our genes, cells, and organs, there are connections and similarities that link us to every creature on the planet.

Natural Laws are at work here as well. The Law of Cause and Effect clearly applies; we know that our actions have consequences. The Law of Cycles applies to the natural world, and helps to keep things in balance. Unfortunately, mankind has become so dominant in our environment that we are affecting that natural balance. Our Seventh Principle tells us that "we make

our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws." And, in the words of noted astrophysicist Neil DeGrasse Tyson, "when it comes to Natural Law, Mother Nature will not be fooled."

Environmentalism is not just a political issue—it is about living in this world. It is not a question of nature versus humanity, for humanity is a part of nature. We have to protect and preserve this world, not just for its sake, but also for ours. We are all responsible. We have to be, as this world's "highest" species. No other species can endanger this world as we have—no other species can take action to repair and renew it.

People talk about "living green," but there are several different aspects to this. They include conservation, pollution, and ecology, but these are all interrelated. It also involves the repair or reconstruction of damage that has already been done—the reintroduction of species, the restoration of wetlands, forests and reefs and the removal of old dams from rivers.

Conservation is protecting what we've already got. It's the state and national park systems, the wildlife refuges, and the protection of "wild" places and ecosystems. Did you know that in the early 1960's, there was a serious proposal to dam the Grand Canyon, divert the Colorado River, and sell the water to private concerns? Fortunately, for us and our children and grandchildren, the proposal was defeated.

Pollution is the introduction of chemicals, pesticides, gases, waste materials, and even noise into the environment. Think of the oil and other chemicals that have spilled into our oceans and waterways, or the acid rain

and smog that came from the pollutants pumped into our air. We are only beginning to explore the potentially long term and disastrous effects of "fracking."

An example of a pollutant in our environment is lead. It was discovered by a physicist who was running an experiment to discover the age of the earth. He had to make very precise measurements of the amount of lead present in a mineral sample. He found that everything he was working with, all his equipment, was contaminated with lead. Ultimately he traced the lead back to gasoline. When this was brought to the public's attention, do you think the gasoline manufacturers stopped producing leaded gasoline? No, they fought back and argued that lead was a natural element commonly found in the environment. How could it be hurting us? Though lead was known to be a potent and deadly neurotoxin, it took years and years of work to get it removed.

Other pollutants we have introduced into our lives include DDT, fertilizers, drugs, PCB's and greenhouse gases. All of these turn up in our soil, our air, water, food and bodies. Some experts say that our oceans are rapidly becoming a "plastic soup" from the stuff we have thrown into it.

Another aspect of the "green life" is an understanding and appreciation for ecology. Ecology is the study of the relationships between living organisms and their environment. An ecosystem is a system made up of a community of animals, plants, and bacteria and its interrelated physical and chemical environment. Our ecosystem is the Earth—a closed system similar to a big lifeboat. Everything

we need is right here in the boat with us. If we poison our air, pollute our waters and soil, we don't have anywhere to go to get more.

We learn more every day about the interrelationships of our ecosystem. We should not be so arrogant as to believe we know or understand them all. Some of the injuries we have inflicted on our ecosystems include the destruction of forests, wetlands, animal habitats, and even the turning of viable grass and farmlands into deserts.

Now, I know these are all things you've heard before. I'd like to share with you some other things you may not have heard of or considered before.

As it always has, world population has increased over the last ten to twenty years. But at the same time, something unprecedented has occurred. The world has gotten more prosperous, with more people moving out of the countryside, into the cities. This is especially the case in China and India, the two most populous countries in the world. They have moved into the cities for a better life, for a chance to move from poverty into middle class. As they do, their expectations rise. They want a better diet, with more protein, more meat, eggs, and dairy products. More corn and soybeans have to be grown in order to feed the cattle, pigs, and chickens.

As the desire grows for more cars, and things like TV's, computers and cell phones, so does the need for more raw materials and energy to create and power those products. This drives greater demands for electricity, petroleum, gasoline, coal, water and other natural resources. Which all means

more pollution, increased exploitation of natural resources, and greater stress upon our ecosystem.

I encourage everyone to make just one small change in their lives to improve our world—to start recycling, or reduce your energy use. Have you made any such changes in your life? If not, when are you going to take responsibility and start making them? We can do it together. We can make things better through personal action and by insisting that our leaders must act as well.

Whether you consider this to be the word of God or simply the laws of our ancestors, its meaning is clear. You must not desecrate the land God has given you as an inheritance.





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open arms, smiling faces, and spirit's communications?

However we must remind others as well as ourselves, that Spirit cannot tell us what to do and they cannot control our actions. They are there to help us, support us, and give us encouragement when we most need it. Everyone wants to have a feeling of belonging, and we need to remember as Spiritualists to teach others that they do belong here, and that those on the spirit side of life will naturally help them and guide them throughout their lives.

We live in places that we call home. We have churches that we take great pride in and call our own, and we have jobs in whatever capacity that we are a part of. Whenever you feel disconnected, remember that you belong to Spiritualism, a wonderfully fulfilling religion and philosophy of life. So when you have a new visitor come into your church or camp, remember that they too may seek to feel a sense of belonging to something. Why not give them exactly what they are looking for?

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serving as a Beacon of Light to bring illumination to those in need.

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It is easy to send a request for healing prayers for yourself or another. You can send your request through the NSAC site at www.nsac.org by clicking on *Healing* and filling out a form. You can e-mail Vickyvjean@yahoo.com.

The NSAC Healing Center has a brochure that includes the Power of Prayer, How Spiritual Healing Works, How to Get Started and the NSAC Healing Prayer. If you are interested in forming a Healing Prayer Group, please contact me and I will forward information to you on how to get started. While there is no charge for this booklet, any donation that is received will help off-set the printing expenses and postage.

You can make a donation to the Healing Center in memory of someone and a letter can be sent to their family, acknowledging your donation.

We all know the power of prayer. Each day, when saying your prayers, please include the names on the NSAC healing list.

Thank you and Healing Blessings,
Rev. Vicky Homann, NST

— Prayer for Spiritual Healing —

*I ask the great Unseen Healing Force to remove
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and to restore me to perfect health.*

*I ask this in all sincerity and honesty
and I will do my part.*

*I ask this great Unseen Healing Force to help both
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I put my trust in the love and power of God.

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Starting *Fresh*

Writer: Rev. Drew Vogt
Sarasota Center of Light, FL

We all love new beginnings and a fresh start! There's nothing more exhilarating than the experience of the unscripted scene, the unplanned project. We love the uncharted territory of fresh new experiences because our souls are adventurous; they love the exploration that leads to new discoveries and new manifestations!

Quite often, when I'm hiking in the wilderness, I intentionally veer off the trail. If for any number of reasons I stay on the well-trod travelers' trail, walking in their ruts from days already passed, I see the signs of their footsteps and things seen countless times. But, if I leave the predictable well-marked trail, new possibilities emerge; they reveal themselves. Sometimes I may be walking where no one has ever walked before. I may be seeing new trees or blossoms that no human eyes have ever seen—and there I am the observer of something fresh and new. I discover something unique and sacred. It's a soul stirring experience. And, this is also how I live life.

Metaphysically speaking we might all agree that the future does not yet exist. But our thoughts are the "fuel" that is already at work creating our future. Feeling good and optimistic is essential for momentum to be powerful while we're open to the positive signals coming from our spiritual guides and loved ones. So at the start of a new day, a new week, or month, entertain this question: If Spirit promised you that you could "Be, Do, or Have Anything you wished for," what would you bring into existence?

Feel free to leave the dreaded "should have, would have, could have," thinking behind. That is the known, the historical; allow it to inform you then learn from it and move on. When starting fresh, you will experience a new you and find yourself delighted in the adventure of uncharted territory.

How will your "starting fresh" enliven you? May you begin the new discoveries!

DIRECTORY OF NSAC CHARTERED CHURCHES & AUXILIARIES

• ARIZONA •

GLENDALE • Church of the Living Spirit, NSAC • 3736 W. Wahalla Lane, Glendale, AZ 85308; Mailing address: 9106 W. Willow Haven Court, Sun City, 85351; Pastor Rev. Janet Tisdale, NST, (623)972-3916; Sun. Svc 10:30am.; www.churchofthelivingspirit.com

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALIST ASSOCIATION • Pres. Rev. Maureen Eslick, (818) 219-4509 Sec: Susan Hazard; (805)618-0354; cssasecretary@yahoo.com. Mail to: 121 West Pueblo, #3. Santa Barbara, CA 93105.

AUBURN • Circle of Love Spiritualist Community • 884 Lincoln Way, #30, 95603; Sun. Service 10am; All Message Service Thursdays 7pm.; For class schedule contact Pastor, Rev. June E. Killmer, NST; JuneKillmer@surewest.net; (916)783-3546 Pres. Katrina Thompson; Secy: Marti Carr.

AUBURN • The Spiritualist Chapel of the Pines • 457 Grass Valley Hwy.#7, 95603; Sun. Service 10am.; Rev. George Brenner, Pastor Emeritus; All Message Svc Fri. 7pm; Pres. Al Freitag, afeitag@pacbell.net; Int.Sec. Terri Freitag; spiritualistchapelofthepines.com

COLMA • First Spiritual Temple • 370 F St., Apt 309. Colma 94014; Service - 2nd & 4th Sundays. Unfoldment/Development Classes available. Healing-private & group available. Rev. Elsie Ann Soria, NST, pastor; (650)731-4990. sfspiritualtemple@gmail.com; www.facebook.com/firstspiritualtemplesf; Rev. Alfred A. Conner, NST, Pastor Emeritus.

MANTECA • First Temple of Spiritualism, NSAC • 874 Woodward Rd. #33, 95337; Contact Joan McDaniel – (209)825-3940.

MONROVIA • The Spiritualist Church of Revelation • 200 W. Colorado Blvd., 91016; Sun. Service 11:00 a.m.; Pastor/Pres. Martin Pina, church phone (626)256-3403 secretarystor@yahoo.com; call for class info.

SACRAMENTO • Central Spiritualist Church • 2500 Marconi Avenue Suite 209 95821; Sun. Service 10am: Classes (see website) Healing all Message Svc, last Sunday of the month at 10am. Pres. Paul E. Cook, paulcook@gmail.com; Rev. Sandra Dawson, NST (916)962-7700 / sgdawson91@gmail.com; Sec. Amy Deinken, amyson09@live.com; www.centalspiritualistchurch.com

SAN FRANCISCO • CelebrateLIFE Spiritualist Community – Joyous Spiritualism to a modern world • 4530 18th St., 94114; Sunday svcs 11am; 1st & 3rd Wed at 7pm. Visit: celebratelifesf.org; Email: contact@celebratelifesf.org

SAN FRANCISCO • Golden Gate Spiritualist Church • 1901 Franklin St. (corner of Clay) 94109-3414; (415)885-9976; ggspiritualistchurch.org; Service Schedule, Sun. 9:30 Lyceum (classes) Sept. – May, Healing 10:30; Devotional Service 11:00; Wed. Healing 7:30; Devotional Service 8:00; Classes available (See Website); Pastor Rev. Del Lauderback; Assoc. Pastor Rev. James Ehrhart

SAN JOSE • The Spiritual Science of Life Church • "The Friendly Church" 729 Morse Street, (Corner of Morse St. & Naglee), 95126; Sun. Service 6:00 p.m., 2nd & 4th Sunday; Pastor Rev. Louise Peruch, NST; 1327 W. Hedding St., 95126; (408)615-0214; PeruchLise@aol.com; Sec. Colleen Page, P.O. Box 1863, San Mateo, 94401; (650)245-9919; splendaura@gmail.com

SAN LEANDRO • Spiritualist Church of Two Worlds • 1550 San Leandro Blvd., (Deaf Comm. Center) 94577; Sun. Service Healing 10:30am., Reg. Service 10:45-noon; Co-Pastors, Rev.'s Betty & Don Nauratil, (925)283-1449; Pres. Rev. Sandi Deckinger; All mail to Sec. Rev. Betty Nauratil, 1048 Via Roble, Lafayette, 94549-2925.

SANTA BARBARA • Summerland Spiritualist Church of The Comforter • 1028 Garden St., 93101; (805)965-4474; Pastor Rev. Judy Campbell-Clark, NST; pastorjudyc@verizon.net; Sun. Healing svc. 10:30am., Regular Svc 11am; Wed. Message Svc 6:30pm., Sun. Unfoldment Class 1-3pm.

• COLORADO •

LITTLETON • Chapel of Spiritual Awareness • Pastor Patricia J. Haskins-Schott, (303)973-9993; 6457 S. Xenon St., 80127; chapelspiritaware@aol.com

• CONNECTICUT •

CONNECTICUT STATE SPIRITUALIST ASSOCIATION • Pres. Verline Eldridge, 110 Pukallas Ave. A1-15, Norwich, 06360; Sec. Rev. Jackie Randall, 60 Ward St., Norwich, 06360 / cincyada@aol.com; Mailing address: 29 Park St., Norwich 06360.

MYSTIC • The Spiritualist Church of Peace & Light • Hyatt Place, 224 Greenmanville Ave. 06357; Sun Svc 10:30am; Mail to: 70 Dell Ave. #B5, New London, CT 06320. Visit: www.sceacelight.net. Email: sceacelight@yahoo.com. Press. Rev. Lynn Gaffin; heart_860@yahoo.com.

NEWINGTON • The Church of the Infinite Spirit • Pastor Allen Noddin, 80 Walsh Ave., 06111; 2nd & 4th Sun. each month; Adult Lyceum 9:15am–10:15am, Svcs 10:30am–12pm. Pres. David Dellodonna; Sec. Corrine Fournier; 860-646-5976; visit: newingtonspiritualistchurch.org;

NIANTIC - Ladies Aid Society, Inc., Pine Grove Spiritualist Camp • Darlene Melillo, VP; Maureen Caswell, Pres.; 34 South Pine St. Niantic, CT; 860-739-2157. Open June thru Aug. visit: pinegrovespiritualistcamp.net. PO Box 405.

NIANTIC - New London Spiritualist Church • Sleep Inn, 5 King Arthur Dr., Niantic, CT; Sun. Svc 10:30am-noon; 860-447-3498. Mail: 14 Birch St. Waterford, 06385; www.nlspiritualist.com

NORWICH - National Spiritualist Church of Norwich, Inc. • 29 Park St. (off Main St.), 06360, (860)886-8522; Sun. Service 10:30am - noon, coffee & fellowship; Pres. Jacquelyn Randall; Sec. Verline Eldridge. FMI call church Pastor, Rev. Jacquelyn Randall (860)887-0068 / www.nscnorwich.net

OLD GREENWICH - Albertson Memorial Church Of Spiritualism • 293 Sound Beach Ave., 06870; (203)637-4615; Pres. Vivian Welton; Sec. Starr Rexdale; Sun. Service 11am., visit: www.albertsonchurch.org.

WILLIMANTIC - The First Spiritualist Church of Willimantic • 268 High St., 06226, (860)423-5774; Sun. Service 10:30am. Sept.- May; service 2x monthly June – Aug. Visit: www.firstspiritualistchurch.org.

• DELAWARE •

NEWARK • Spiritualist Church of Harmony and Light, NSAC • 125 Rickey Blvd. PO BOX 31, Bear, DE 19701; Pres: Bryan Ross; Sec: Christina Ross. (302) 729-8246. harmonylightde@gmail.com; visit: facebook.com/despiritualists

• DISTRICT OF COLUMBIA •

WASHINGTON • The Church of Two Worlds, NSAC • 3038 Q St., NW, 20007-3080; (202)333-5114; Sun. Healing 2pm, Svc 2:30pm; Message & Meditation classes; Pres. Michael Gallion, LM, (202)237-7659; Sec. Maria J. Wolf; Treas. James A. Longmore (301)739-8227.

• FLORIDA •

ORLANDO • New Vision Spiritualist Center, NSAC, Inc. • spiritualistchurchorlando.com, meets at 1700 Edgewater Dr.; Sun. 1:30; Healing, Sermon, Messages at all services; Children Lyceum Dir. Fionnula Davis-Patton; Classes by Pastor Rev. E. Ann Otzelberger, NST, 4332 Woodlynne Ln, Orlando FL 32812; (407)826-0807 reveao@yahoo.com; Pres. William Patridge; Sec. Kate Kilpatrick, 3200 Old Winter Garden Rd, #1314 Ocoee FL 34761, mskate17@gmail.com, 201-259-6593.

ORLANDO • Spiritualist Church of Awareness, NSAC • 3210 N. Chickasaw Trail; Mail: P.O. Box 4010, Winter Park, FL 32792, (407)678- 3688; spiritualistchurchofawareness.org / news@myscoa.org; Sun. healing 10:30 a.m., service/messages 11:00 a.m.; Wed. healing 7:30 p.m.service/messages 8:00 p.m.; Rev. Jeannie Kerr Lerch; Pres. Ron Lerch: 407-834-5378; Sec Chris Jackson: 407-399-3450.

• ILLINOIS •

Illinois State Spiritualist Association of Churches • Pres. Rev Arsenia Williams, NST (773)995-1911 arsenia9325@hotmail.com; Sec: Betty Frazier 773-324-5225.

BURNHAM • Puritan Spiritualist Church • 13906 Greenbay Ave., 60633-1614; (219)926-6884.

CHERRY VALLEY - Cherry Valley Spiritualist Camp, Inc. 8002 Service Rd; 61016; (815)332-5359. Visit us at CVSC.me, or on Facebook. Email: cherryvalleysc@frontier.com. 9:30am Lyceum; 10:30am Healing Meditation; 11am Worship Svc., Messages & Pot Luck every Sunday after svc.

CHICAGO • 1st Spiritualist Church of Harmony, Unity & Truth • 6146 S. Ashland Ave., 60636.

CHICAGO • The Church of The Spirit • 2651 N. Central Park Ave., 60647-1101, (773)489-5422; Chicago's Oldest Spiritualist Church; Sun. Family Worship: Healing, 10:00 a.m., Worship Svc, 10:30am.; All Message Service, 1st Wed., 7pm.; Call for current Development & Educational class schedule; Pastor Rev. Marrice Coverson; Sec. Linda Kelly.

CHICAGO - Spiritualist Church of Truth • 6343 West Cuyler (1/2 block north of Irving Pk.)60634; Service 2:45pm., Healing, Lecture, Messages every Sun.; Pastor & Pres. Rev. Florence Heyward; Sec. Judith Galar, 4050 N. Oriole Ave., Norridge, 60706-1117, (708)452-8754.

CHICAGO • Tucker Smith Washington Spiritualist Temple • 6146 S. Ashland Ave., 60636, (773)436-5076; Sun. Healing 11-11:20am., Worship 11:30 -1pm; Pastor Joseph Guice, LM; Asst. Pastor Rev. Arsenia Williams, NST; Msgs at all services; Private messages rev.arsenia@yahoo.com.

• INDIANA •

GARY • First Spiritualist Church, Inc., NSAC • 2430 W. 11th Ave.; Service Sun. 3 p.m.; Pastor & Pres. Rev. Jesse James, Jr.,1301 Pennsylvania St., 46407.

INDIANAPOLIS • The Spiritualist Church of Indianapolis Sun. Healing, Devotional & Message Services 6:30-8pm.: 3020 S. Meridian St., Ste E&F, 46217-3221. Mediumship Unfoldment Lyceum or Adult Lyceum Classes every Tues., 6:30 - 8pm. FMI call Pastor Bonnie Darby (317) 796-3503 or (317) 374-0794 or visit tscoi.org

INDIANAPOLIS • J. T. & E. J. Crumbaugh Spiritualist Church • 3109 River Shore Place, 46208; Sundays-Adult Lyceum 11am., Service 12pm.; Pastor Rev. Bob Bianchi, NST; (317)428-8740; Sec. Sharon Bianchi (317)945-8437; crumbaughchurch.org; reverend-bob@direct2spirit.com

INDIANAPOLIS • New Dawn Spirit of Light Church, Inc., NSAC • 3637 W. 10th St., 46222; Mail: 6707 Heritage Hill Dr., 46237; Sun. Serv: Healing 11am., Devotional & message svc 11:30am; all message svc & carry in dinner every 5th Sun; Classes Thurs 6:30; Pastor & Pres. Rev Mildred Schlagel. 317-291-0799, mildred8355@att.net; Sec. Marilyn Smith: 317-291-9550; visit: newdawnchurchindy.org

MICHIGAN CITY • Spiritual Science of Life Church, NSAC • 314 W. Cool Spring Ave., 46360; Svcs Sun. 10:30am; Pastor John Kamph (574)298-5080; Sec. Joy Marsh (219)879-0292.

• IOWA •

CLINTON - New Sunflower Spiritualist Church, MVSA • Mount Pleasant Park, 52732; Holly/Dana Chase; chasehealing@yahoo.com; (563)570-2768.

CLINTON - Mississippi Valley Spiritualist Association Camp • Mt. Pleasant Park, 52732; admin@mvsa.info; (563)570-2768 (Sep-May); (563)242-0116 (Jun-Aug); Holly Chase, mail: 2140 Jersey Ridge Rd., Davenport, 52803.

• MAINE •

MAINE STATE SPIRITUALIST ASSOCIATION OF CHURCHES • Pres. Rev. Graham Connolly, 66 Martin Heights, Raymond ME. 04071. 207-655-6673; Sec. Rev. Betty Simpson, 715 Newburgh Rd. Hermon, ME 04401. 207-848-2273; Treas. Janice Nelson-Kroesser, 46 Homestead Rd. Washington, ME 04574-3620. 207-845-2885. www.mainespiritualism.com

AUGUSTA - Augusta Spiritualist Church • 113 Townsend Rd, Augusta, 04330; Pastor Rev. Nancy Parry, (207)458-6141; Pres. Rev. Pat Pallace, (207)582-6745.

BANGOR - The Harrison D. Barrett Spiritualist Church • 15 State St., Sun. Serv. 10:30 am; Secy., Betty Simpson, 715 Newburgh Rd., Hermon, ME. 04401, (207) 848-2273, http://www.hdbspiritualistchurch.org. Gallery Readings second Friday every month at 7pm. Co-pastors: Rev. Patty Palmer, NST & Rev. Betty Simpson, NST.

HARTFORD - Pinpoint of Light Spiritualist Center & Camp – Mail: 546 Town Farm Rd., 04220; Meetings Sun. 10:30 a.m., 1190 Main St., Hartford, ME; Pres. Robert Foster, pinpointoflight@live.com / pinpointoflight.org; Sec. Rev. Stephanie Frobese 207-515-1016.

MADISON - Madison Spiritualist Camp • Located at historic Lakewood Theater Village off Beach Rd., Rt. 201, 6 miles N. of Skowhegan. Season: July & Aug.; Camp ph:(207)474-0124; Pres. Rev. Beth Carter (207)797-2039; Sec. Mike Carter (207)797-2039; For program information & events, visit madisoncamp.org; find us on facebook, or email: info@madisoncamp.org

NORTHPORT - Temple Heights Spiritual Camp • 4 Park St., 04849; June 15 – Sept. 15; Private Readings, Healings 9-4pm.; Message Circles Wed. & Sat. 7:30pm.; Workshops/50+ Classes; Camp: (207)338-3029; Pres. Becky Grant; Sec. Mike Grant (207)650-3880; thsc@mainespiritualism.org / www.templeheightscamp.org

NORTHPORT - Temple Heights Spiritualist Church • Sun svc 2:20pm at THS Camp. 4 Park St., Northport; May 1 to Oct 31. 11/1 to 4/30 at Excelsior Lodge; Sat. Cove Rd./Shore Rd. Northport. Pres. Jean Bower (207)338-1355, Sec. Diana Kimball (207)338-6275.

PORTLAND - Portland Spiritualist Church • Mailing addr: PO Box 6551 PTS, 04102; Sun. Svc 6:30pm.; Fri. Class 7:30pm.; (207) 797-2039; info@portlandspiritualistchurch.org; Co-Pastors Rev. Beth Carter, 2007spiritualist@peoplepc.com & Rev. Chris Owen.

SABATTUS - Spiritualist Church of Eternal Life • 352 Crowley Rd Sabattus, Maine; Pres. Rev. Catherine Sabine (207)376-5318. crsabine@gmail.com

• MASSACHUSETTS •

CHICOPEE - Healing Hands of Light Spiritualist Church • 465 Granby Rd. MA; Worship Svs 10:30am. Sundays after Labor Day thru June; Rev. John F. Sullivan, Sec: Denise St Pierre, PO Box 392, Worthington, MA 01098; or dstpierre7@verizon.net.

METHUEN - The Church of Spiritual Life, Inc. • 126 Merrimack St.; Sun. Service 10:30 a.m.; Mail to: P.O. Box 115, 01844; www.churchspirituallifenh.org

ONSET - On-I-Set Wigwam Spiritualist Camp • P.O. Box 1556, 02558; Summer schedule www.onisetwigwam.com / info@onisetwigwam.com

REHOBOTH - First Spiritualist Church of Brockton, Inc., NSAC • Services 10:00 a.m. Sun. at Anawan Grange Bldg., junction Rts. 44 & 118; Mail: P.O. Box 145, 02769, firstspiritualistchurch.com

SALEM - First Spiritualist Church of Salem • 34 Warren St., 01970; Sun. Early Service 5:30-6pm.; Lunch break 6-6:30pm.; Healing & Evening Service 6:30-8pm.; Telephone for weather cancellations, (978)745-2098; Church season is Sun. after Labor Day - June; Pres. Pat Cizewski, (617)745-9840; Sec. Janice Kaplan, 21 Buttonwood Lane, Peabody, 01960 - (978)532-2044; www.firstspiritualistsalem.org

• MICHIGAN •

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open July 1st thru Aug 31st; Sunday svcs 10:30am. Wed Svcs at 7:30pm followed by bonfire fellowship time.

CHARLEVOIX - Golden Rule Spiritualist Church • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open in Spring. (dates vary according to weather) Closed for Winter. Sun. services 10:30am with fellowship immediately following svc.

FERNDAL - First Spiritualist Temple of Detroit • 2724 Goodrich, 48220; Mailing Address: 321 Spencer, 48220-3544; Sat. Service/Lyceum 6:30 p.m.; Sec. Dianne L. Smith, (248)545-5680.

JACKSON - Michigan State Spiritualist Association of Churches • 2540 Norwood Rd, 49203; Sec. Rebecca Strauss; rstrauss52@yahoo.com

LESLIE - Flower Memorial Spiritualist Church • 430 Bellevue St., 49251; Sun. Service 10:45 a.m.; Summer: June 1-Sept 7 at 10am. Co-Pastors Penny Adams (517)392-7210, & Jinki Boyer (517)512-2091 /jboyergoodwin@yahoo.com.

ROYAL OAK - First Spiritual Temple • 3224 Greenfield Rd. (1 1/2 blocks S. of 13 Mile), 48073-6534; Sun. Service 10am & 7pm; Pastor Rev. Marguerite Gutt, NST, (248)548-2240; firstspiritualtempleofroyaloak.com.

SOUTH BRANCH - Chain Lakes Spiritualist Camp • 8000 Chain Lakes Rd., 48761; Sec. Mitchelene Weichner, 8004 Chain Lakes Rd., 48761; (989)257-2106.

• MINNESOTA •

ROCHESTER - Third Spirit of Life Spiritualist Church • 1500 First Ave. NE, Ste. 112, 55906; Service Mon. 7:00 p.m.; Pastors, Rev. Joyce E. Young, NST, and Rev. John E. Young, NST, Sec. (507)775-6358.

ST. PAUL - Spiritual Science Spiritualist Church • Conference Rm. - 411 Main St., Labor Union Hall; Sun. Service, 10:00 a.m.; Pres./Speaker, Joan LeDuc, 2169 Scheffer Ave., 55116-1255, (651)699-4858; Sec. Gerald Kemling; Church phone (651)225-4609.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church of St. Louis • 6026 S. Kingshighway Blvd., 63109-3558; Sun. Service 10:30 a.m.; Healing, Meditation & Message, 1st Wed. of month 7pm.; Pastor Marilyn Kalna, (314)707-3934; Pres. Lisbeth Tintera (314)353-4779; 5thspiritstl.com

• NEBRASKA •

OMAHA - Spiritual Science & Philosophy Church, NSAC • 321 Hascall St., 68108-2121; Sun. Service 11:00 a.m. and Philosophy Class – Noon when scheduled; Pastor/Sec. Alace Jayne Fanslau, 321 Hascall St., 68108-2121, (402)345-0101.

• NEVADA •

LAS VEGAS - Spiritualist Desert Church, NSAC • 3305 Spring Mountain Rd., Suite 51, 89102, (702)876-8783 (message line only), spiritualistdesertchurchIV.com; spiritualistdesertchurch@yahoo.com; Service Sun. 11am. & 6:30pm., Thu. 6:30pm. Healing/Meditation Svc, Development Circle follows. Vicky Homann, Pastor (702)234-1147.

RENO/Sparks - Spiritualist Society of Reno • Meeting place: Larry D. Johnson Community Center, 1200 12th Street, Sparks, NV 89431, (775) 323-1114. Sunday meetings include a talk, guided meditation, spirit healing and spirit greetings: 11am; President, Jannet Caywood; SpiritualistSocietyofReno.org; FaceBook.com/SpiritualistSocietyofReno. Address: Sec. Rev. Lisa Butler, 3415 Socrates Dr., Reno, NV 89512, tomalisa2@aol.com

• NEW JERSEY •

WESTVILLE - Church of Eternal Life • 243 W. Olive St., 08093; Sun Healing, Worship & Msg Svc 11am.; (856)456-2196. thechurchofeternallife.org.

WENONAH - Stow Memorial Foundation • Muriel De Young, 305 Carnegie Ave., Wenonah.

• NEW YORK •

EAST AURORA - First Spiritualist Temple • 29 Temple Pl., P.O. Box 465, 14052, (716)652-5018, www.firstspiritualisttemple.com; Email: FSTofEastAurora@gmail.com. Sun. Healing Svc 10:30am.; Lecture & Msg Svc 11am.; Social Hour 12:15pm.; Dinner Day 3rd Sun. of month;

LILY DALE - Lily Dale Assembly • 5 Melrose Park, 14752, (716)595-8721, Fax (716)595-2442; Ofc Hrs, Sept -June: M-F 10am-2pm; June-Aug: M-F 9am-4pm, Sat. 9am-noon, closed Sun; Camp Season: Last Friday in June to day before Labor Day; Pres: Donn Smeragliuolo; Sec: T. Lynne Forget; lilydaleassembly.com / lilydaleassembly@netsync.net

LILY DALE - Lily Dale Spiritualist Church • East St. Healing Temple, P.O. Box 1128, 14752-1128, (716)595-3971; Sun. Worship svc 10:30am.; Healing during svc. Worship, Healing & Message Svc each Wed. 7:30pm. Sept-June; www.lilydalespiritualistchurch.org; Sec. Lynn Forget. Pres: Carol Gasber.

LONG ISLAND - A Sanctuary of Infinite Spirit, Inc., NSAC • Mon. Services: Healing 7:00-7:15 p.m.; Service, 7:15-8:00 p.m.; 5000 Expressway Drive South, Holbrook, NY; Wed. Class: Ways of Mastery/Healing and Mediumship Dev. 6:30-8:30 p.m.; Pastor Rev. Patricia Anne Duffield, NST, (631)588-5869; Mail: 10 Ackerly Lane, Lake Ronkonkoma, 11779; kenpatduff@hotmail.com / www.asanctuaryofinfinitepirit_NSAC.com

LONG ISLAND - New Horizon Spiritualist Church, NSAC • Sun. Healing & Worship Service 10:00 a.m.; 1580 Round Swamp Rd., Plain view, (Homewood Suites Hotel); Contact: Mary Ann Clancy, (516)792-5919.

LONG ISLAND - Summerland Church of Light, NSAC • Sunday Silent Meditation 10 a.m.; Healing/Worship Service 10:15 a.m. at 120 Plant Ave., Hauppauge; Mail: P.O. Box 5209, Hauppauge, NY 11788-5209; Sec. Valerie Miller, Voicemail: (631)406-4161; SummerlandChurchofLight.com

LONG ISLAND - Temple of Metaphysical Science, NSAC • Sun. Service Healing and Worship 11:00 a.m.; Pastor Rev. Hugo Ruiz, NST; Terry Difiore-Wachtel, Sect; 12 Baker St. Mailing address: P.O. Box 453, Patchogue, 11772, (800)316-1231; TMS-Li.org

ROCHESTER - Plymouth Spiritualist Church • 29 Vick Park A, 14607; (585)271-1470; Voicemail (585)234-2362; Sun. Services 10:30 a.m.; Plymouthspiritualistchurch.org;

• OHIO •

ASHLEY - Ashley Spiritualist Camp Association • 6 Wooley Park Drive, 43003; P.O. Box 277, 43003-0277; (740)747-2212.

ASHLEY - First Spiritualist Church of Linden • 6 Wooley Park Drive, 43003; P.O. Box 648, 43003-0648; Sun. Service 7:00 p.m.; (740)747-2212

ASHLEY - Spiritualist Church of Spirit Revelation • P.O. Box 253, 43003-0253; (740)747-2688.

DAYTON - Spiritual Life Center, NSAC • 609 Watervliet Ave., 45420-2544, Rev. Frances D. Montgomery, (937)252-3299; fdm742@sbcglobal.net; Visit: sunflowerchapel.org

• PENNSYLVANIA •

PITTSBURGH - First Spiritualist Church of Greater Pittsburgh • Sun. Svcs 11am-1pm. Healing, Lecture, Msg svc.; Tues. Circle 7-9pm; Rev. Carol O'Hare, NST., & Pres. Michele Saling. (412)672-1272; Visit: www.1stspiritualistchurch.org

PHILADELPHIA - The Celestial Spiritualist Church • Sun. Service 2:00 p.m., Healing, Lecture, Messages; Wed. Service 7:30 p.m., Billet Service; Pastor Betty J. Hutt, 421 N. Presdon St., 19104; phone/fax: (215)222-0322; celestial.07@mail.com

• TEXAS •

AUSTIN - First Spiritualist Church of Austin • 4200 Ave "D" - Austin, TX 78751-3719, (512)458-3987; Devotional, Healing & Message service Sunday 10:00 a.m.; Pres. Wanda Garcia; Sec. Sonia Dela Torre.

HOUSTON - First Spiritualist Church of Houston, NSAC • 2115 Turner Dr., 77093; Sun. Service 10:30am.; Unfoldment classes Wed. 7:30pm & Fri. 8pm; Pres. Liana V. Liles; lianaliles@gmail.com; Priv. readings by appt., firstspiritualistchurchofhouston.org; (713)695-2550.

SAN ANTONIO - Louise Scholtz Chapel • 3740 Colony Dr. Ste LL100; Sunday Service 8:00am-9:30am.; P.O. Box 762231, 78245; (210)401-1713; visit: SanAntonioSpiritualists.com

• VIRGINIA •

FALLS CHURCH - Center for Spiritual Enlightenment, NSAC • 222 N. Washington Street; Mailing address: CSE (NSAC), P.O. Box 6630, 22040-6630; (703) 645-8060; web: TheCSE.org; Email: thecse@thecse.org; facebook at The Center for Spiritual Enlightenment VA; Year-round Sunday Services: Healing Svc 10am / Devotional & Msg Service 10:30am.; Pastors: The Rev's. Konstanza Morning Star, Leonard Justinian, Awilda Abaza, John Otey, Deirdre O'Hara, and Rita O'Connor; Sec. Rita O'Connor; Pres. Steve Vogel.

NORFOLK - Memorial Spiritualist Church, NSAC • 307 W. 37th St., 23508-3207, (757)622-5070; www.memorialspiritualistchurch.org; Sunday Service 11am.; Wed. 7:30pm.; Healing available at 10:30am. Sun. and 7pm. Wed.; Adult Lyceum Sun. 9:30am.; Children's Sun. Lyceum 11am.; Ministers: Rev. Lelia E. Cutler, NST, (757)480-3799; Rev. Ernest Leard, (757)390-1231; Pres. Margie Briggs (757)421-9631; Sec. Lynn Streeper; Lyceum Dir. Rev. Ernest Leard.

• WASHINGTON •

MILTON - Church of Divine Grace, NSAC • Held at Camp Edgewood, NSAC - 1228 26th Ave. Ct.; Sun. Service 2:00 P.M. (Mail to 11113 SE 323rd St., Auburn, 98092); Student Minister Atria Hatton; Pres. Bernie Allers (253)833-4850; Sec. Karen Wennerlind; churchofdivinegrace@gmail.com

MILTON - Camp Edgewood, NSAC • 1228 26th Ave. Ct, Milton WA 98354; (253)927-2050/ fax: (253)927-7531. Pres. David Chapman Sr.; Sec. Denice Chapman; email campedgewood@yahoo.com. Located on beautiful Lake Surprise. Historic camp offers healing, meditation, Spirit greetings and a variety of classes. For more info contact Denice Chapman Tues.-Sat. 11-4pm.

MILTON - Church of Spiritual Unity, NSAC • Held @ Camp Edgewood, NSAC - 1228 26th Ave Ct. Church Service Sun @ 2:00 PM Sep-May. Mailing address c/o Pres. Colleen Mohler, 1210 26th Ave Ct 98354, (253)927-2365. Pastor Rev. LaVerne Pemberton Ph: (253)833-9279. Sec. Jill Mohler, 1015 Emerald St., 98334; (213)568-0333; j.m.mohler@hotmail.com

MILTON - Church of Spiritual Truth, NSAC • Sunday Svcs 11am; Located on historic Lake Surprise. 1228 26th Ave Ct. Milton, WA 98354. Pastor Denice (Dee) L. Chapman; Pres. David R. Chapman Sr.; Sec. Denice L. Chapman; Church offers devotional svcs, healing, greetings from Spirit, & educational speakers. Social hour following church, all are welcome to enjoy good food & fellowship.

• WEST VIRGINIA •

WHEELING - First Spiritualist Association of Wheeling • Way Memorial Temple, 27 Maryland St., 26003; (304)233-5065 / www.waymemorial.org

• WISCONSIN •

MORRIS PRATT INSTITUTE ASSOCIATION • 11811 Watertown Plank Road, Milwaukee, WI 53226; (414) 774-2994; www.morrispratt.org; NSAC Educational Auxiliary.

MADISON - Summerland's Lakeview Spiritualist Church • 2932 Waubesa Ave., 53711; Rev. Annette L. Haak, (608)354-2694; Twice a month services on Thu., 7pm.; SLSCMADISON.ORG

WEST ALLIS - First Spiritualist Church of West Allis • 6228 W. Washington Street, 53214, weekly svcs, various events; see our website at: fscwa.org or fscwa.net or our meetup group at: http://www.meetup.com/First-Spiritualist-Church-of-West-Allis-FSCWA/ for details. (414) 778-0088; Church email: fscwa@hotmail.com. Pastor Rev. Kimberley Orłowski, NST, CM Email: korev@1beaconoflight.com; (262)442-3053

WONEWOC - Western Wisconsin Camp Association, Inc. NSAC, (Wonewoc Spiritualist Camp) • P.O. Box 187, 53868, (608)464-7770; Open June-August; www.campwonewoc.com

• CANADA •

MONTREAL, QUEBEC - The First Spiritualist Church of Montreal • 2186 Saint Catherine St. West, Montreal, Quebec, H3H 1M7; English Service - Sun. 2pm. & Wed. 7:30pm.; French Service - Sun. 4:30pm., 2nd & 4th Wed. 7:30pm.; Rev. Mary Amato, Minister (514)365-0661.

ONTARIO - First Spiritualist Church of Galt • 72 Grand Ave., Cambridge, Ontario N1S 2K9; Service Sun. at 11am.; Wed All Message Service at 7pm.; Rev. Karen Charles; www.firstspiritualistchurchofgalt.ca

ONTARIO - Spiritualist Church of Canada • 3027 New Street, Burlington, Ontario L7R 1K3; Pres. Rev. James Kinnear; www.spiritualistchurchofcanada.com



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Peace Relaxation Harmony Meditation



Writer: Cheryl Barber
Spiritualist Church of Awareness, Orlando FL



When life is stressful and distressing, the opportunity for relaxation and real joy is diminished. We are busy, running without purpose; ultimately we become tired, bored, and unhappy. Our hearts, lungs, and other internal organs are overburdened with the pressure of work and anxiety.

As Spiritualists, how can we better enjoy a life of peace, relaxation, and harmony?

Meditation is the key. Meditation is the art of living through the science of breath control.

Learning this practice will help you learn to relax your body and mind at will, assisting you in living a more peaceful and harmonious life.

The average person breathes approximately 21,600 times a day during normal activity. But with the practice of meditation, the breath rate is naturally reduced and more rhythmic. This physical change has the power to rejuvenate the brain and mind, and free us from fatigue, disease, stress, and tension.

Because of incorrect lifestyle and motives, many people abuse the instruments of our body and mind, so they suffer in daily life. Mindful meditation can inwardly reveal a proper understanding of our purpose for living in this world. So many human beings fill their minds with the garbage of negative ideas and emotions, without any idea of the effects on their physical and spiritual lives. Changing your life by developing a concentrated, focused mind through the practice of meditation is the key.

Most people misunderstand what meditation is. It is not imagination, speculation, hallucination, or visualization; it is a scientific method of breath control and concentration that creates complete tranquility and peace. It inspires an inner awakening.

Many different types of life-enhancing practices incorporate meditation. Kriya Yoga is an easy path of meditation without hardship, and for many grants a quick spiritual evolution. As an age-old science of breathing and meditation that develops inner peace, bliss, and joy, Kriya Yoga is practiced by people all over the world. By following the proper steps for meditation, you can transform your life with better health, calmness of mind, inner peace, psychological agility, and energetic activity.

Free from all dogmatic belief, meditation leads to inner transformation and self-emancipation. The routine practice of meditation can have long-term effects, eventually producing an uninterrupted experience of peace and divine bliss through your daily life.

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Declaration of Principles

NATIONAL SPIRITUALIST ASSOCIATION OF CHURCHES

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule: "Do unto others as you would have them do unto you."
7. We affirm the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.